



Cheesy Beef & Eggplant Lasagna

READY IN



90 min.

SERVINGS



30

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia chive & onion cream cheese spread
- 1.5 lb eggplant peeled cut into 1/2-inch cubes
- 1 lb extra-lean ground beef
- 1 clove garlic minced
- 8 oz italian* five cheese blend shredded kraft
- 15 oven-ready lasagna noodles
- 3 Tbsp milk
- 1 onion chopped
- 0.3 cup parmesan cheese grated kraft

2 cups classico family favorites pasta sauce traditional

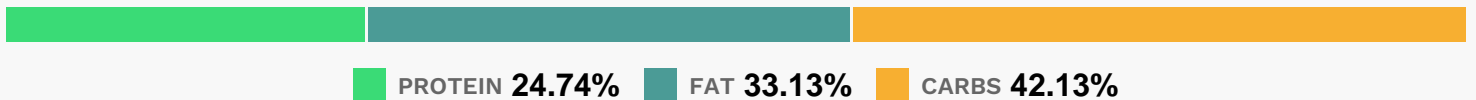
Equipment

- bowl
- frying pan
- oven
- baking pan
- microwave

Directions

- Heat oven to 400F.
- Microwave eggplant in large microwaveable bowl on HIGH 6 to 7 min. or until tender.
- Meanwhile, brown meat with onions and garlic in large skillet sprayed with cooking spray on medium heat.
- Add pasta sauce, cream cheese spread, milk and eggplant; mix well. Cook and stir 2 to 3 min. or until heated through.
- Remove from heat.
- Spread about 1-1/2 cups sauce onto bottom of 13x9-inch baking dish sprayed with cooking spray; cover with 5 noodles. Repeat layers twice. Top with remaining sauce, shredded cheese and Parmesan. Cover.
- Bake 1 hour, uncovering for the last 15 min.
- Let stand 10 min. before serving.

Nutrition Facts



Properties

Glycemic Index:7.07, Glycemic Load:4.79, Inflammation Score:-2, Nutrition Score:4.804782566169%

Flavonoids

Delphinidin: 19.43mg, Delphinidin: 19.43mg, Delphinidin: 19.43mg, Delphinidin: 19.43mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 131.28kcal (6.56%), Fat: 4.87g (7.49%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 13.94g (4.65%), Net Carbohydrates: 12.5g (4.55%), Sugar: 2.22g (2.47%), Cholesterol: 16.48mg (5.49%), Sodium: 153.45mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.18g (16.36%), Selenium: 12µg (17.14%), Manganese: 0.21mg (10.36%), Phosphorus: 74.26mg (7.43%), Zinc: 1.09mg (7.26%), Vitamin B3: 1.38mg (6.92%), Vitamin B6: 0.12mg (6.07%), Vitamin B12: 0.36µg (5.97%), Fiber: 1.44g (5.75%), Potassium: 193.52mg (5.53%), Copper: 0.09mg (4.57%), Magnesium: 17.23mg (4.31%), Calcium: 43.06mg (4.31%), Iron: 0.76mg (4.24%), Vitamin B2: 0.06mg (3.4%), Vitamin A: 157.48IU (3.15%), Vitamin B5: 0.28mg (2.85%), Folate: 10.49µg (2.62%), Vitamin E: 0.37mg (2.45%), Vitamin C: 1.94mg (2.36%), Vitamin B1: 0.03mg (2.3%), Vitamin K: 1.35µg (1.28%)