



Chili Mini Lasagna

READY IN



50 min.

SERVINGS



8

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz kidney beans white rinsed drained canned
- ☐ 1 tablespoon chili powder
- ☐ 1 large eggs lightly beaten
- ☐ 1 pound ground round
- ☐ 12 oz cheddar-jack cheese shredded
- ☐ 6 oven-ready lasagna noodles
- ☐ 15 oz ricotta cheese
- ☐ 3.3 cups roasted tomato salsa with ariba

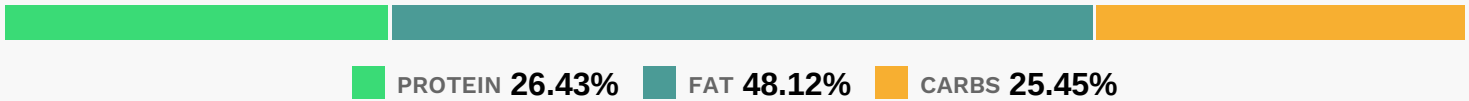
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan
- ☐ aluminum foil

Directions

- ☐ Cook ground beef in a large skillet over medium heat, stirring until meat crumbles and is no longer pink; drain and return to pan. Stir in chili powder and kidney beans.
- ☐ Combine egg and ricotta in a small bowl; set aside.
- ☐ Spread 2 tablespoons salsa in each of 2 lightly greased 9" x 5" loaf pans. Arrange 1 noodle over salsa in each pan. Spoon one-fourth ricotta mixture and one-fourth chili mixture over noodle in each pan; sprinkle each with 1/2 cup cheese.
- ☐ Spread 1/2 cup salsa over cheese in each pan. Repeat layers. Top each pan with another noodle, 1 cup salsa, covering noodle layer completely in each pan.
- ☐ Sprinkle each lasagna with remaining cheese. Cover tightly with aluminum foil, and refrigerate overnight. Bring to room temperature before baking.
- ☐ Bake, covered, at 400 for 25 minutes; uncover and bake 5 more minutes or until lightly browned and bubbly.
- ☐ Let stand 10 minutes before serving.
- ☐ Serve with sour cream, if desired.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:9.65, Inflammation Score:-8, Nutrition Score:23.17086961995%

Nutrients (% of daily need)

Calories: 529.13kcal (26.46%), Fat: 28.47g (43.81%), Saturated Fat: 15.21g (95.09%), Carbohydrates: 33.88g (11.29%), Net Carbohydrates: 28.14g (10.23%), Sugar: 5.95g (6.61%), Cholesterol: 129.74mg (43.25%), Sodium: 1215.69mg (52.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.19g (70.38%), Selenium: 46.08µg (65.83%), Phosphorus: 528.28mg (52.83%), Calcium: 473.68mg (47.37%), Zinc: 5.85mg (39.02%), Vitamin B12: 1.94µg (32.34%), Vitamin A: 1499.88IU (30%), Vitamin B2: 0.5mg (29.39%), Vitamin B6: 0.55mg (27.56%), Manganese: 0.5mg (24.92%), Vitamin B3: 4.88mg (24.38%), Fiber: 5.74g (22.95%), Potassium: 756.23mg (21.61%), Magnesium: 73.83mg (18.46%), Iron: 3.2mg (17.8%), Vitamin E: 2.33mg (15.52%), Copper: 0.29mg (14.4%), Vitamin B5: 1.1mg (11.04%), Folate: 43.75µg (10.94%), Vitamin B1: 0.16mg (10.68%), Vitamin K: 9.77µg (9.31%), Vitamin D: 0.54µg (3.62%), Vitamin C: 2.44mg (2.96%)