



 **16%**
HEALTH SCORE

Classic Lasagna

READY IN



120 min.

SERVINGS



10

CALORIES



674 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground sausage italian
- 16 ounce mushrooms drained sliced canned
- 60 ounce tomato sauce canned
- 0.3 teaspoon basil dried
- 0.5 teaspoon thyme dried
- 3 eggs beaten
- 1 teaspoon garlic salt
- 1 pound ground beef
- 9 lasagne pasta sheets

- 1 tablespoon olive oil
- 1 teaspoon oregano dried
- 0.3 cup parmesan cheese grated
- 15 ounce ricotta cheese
- 10 servings salt and pepper to taste
- 1 pound mozzarella cheese shredded

Equipment

- bowl
- ladle
- oven
- pot
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring a large pot of lightly salted water to a boil.
- Add the lasagna noodles and olive oil; cook until al dente, 8 to 10 minutes; drain.
- Cook the ground beef and sausage in a large pot over medium heat; drain. Stir in the mushrooms, garlic salt, oregano, thyme, basil, and tomato sauce. Season with salt and pepper; simmer 30 minutes.
- Meanwhile, mix together the ricotta cheese, eggs, and Parmesan cheese in a bowl.
- Ladle enough of the meat sauce into a 9x13 inch baking dish to cover the bottom in a thin layer. Form a layer atop the sauce with 3 of the lasagna noodles.
- Spread about 1/4 of the ricotta cheese mixture over the noodles.
- Sprinkle about 1/3 of the mozzarella cheese over the ricotta cheese mixture and then ladle about 1/3 of the meat sauce over the mozzarella cheese. Repeat layering twice more, topping with the remaining 1/4 pound of mozzarella cheese.
- Bake in preheated oven 90 minutes. Allow to sit 10 to 15 minutes before serving.

Nutrition Facts

PROTEIN 22.4% FAT 57.86% CARBS 19.74%

Properties

Glycemic Index:17.4, Glycemic Load:11.18, Inflammation Score:-8, Nutrition Score:27.300434610118%

Nutrients (% of daily need)

Calories: 673.89kcal (33.69%), Fat: 43.56g (67.02%), Saturated Fat: 19.37g (121.06%), Carbohydrates: 33.43g (11.14%), Net Carbohydrates: 28.87g (10.5%), Sugar: 8.43g (9.37%), Cholesterol: 176.2mg (58.73%), Sodium: 2186.18mg (95.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.95g (75.9%), Selenium: 55.97µg (79.96%), Phosphorus: 535.06mg (53.51%), Vitamin B12: 2.72µg (45.41%), Calcium: 409.35mg (40.93%), Zinc: 5.91mg (39.39%), Vitamin B2: 0.56mg (33.13%), Vitamin B3: 6.34mg (31.73%), Vitamin B6: 0.58mg (28.78%), Potassium: 964.29mg (27.55%), Vitamin B1: 0.41mg (27.01%), Vitamin A: 1337.98IU (26.76%), Manganese: 0.52mg (26.15%), Iron: 4.51mg (25.06%), Copper: 0.47mg (23.31%), Vitamin E: 3.2mg (21.34%), Magnesium: 77.07mg (19.27%), Vitamin B5: 1.83mg (18.31%), Fiber: 4.56g (18.24%), Vitamin C: 12.84mg (15.57%), Folate: 47.46µg (11.87%), Vitamin K: 10.58µg (10.08%), Vitamin D: 0.68µg (4.55%)