



## Cowboy Lasagna

READY IN



45 min.

SERVINGS



6

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 ounce olives black chopped canned
- 4.5 ounce mushrooms drained canned
- 9 lasagne pasta sheets cooked drained
- 1.3 cups corn kernels frozen
- 1 pinch ground pepper black
- 1 pinch penzey's southwest seasoning italian
- 2 pounds ground beef lean
- 1 onion chopped
- 1 pinch oregano dried

- 1.3 cups peas green frozen
- 8 ounces mozzarella cheese shredded
- 16 ounce spaghetti sauce

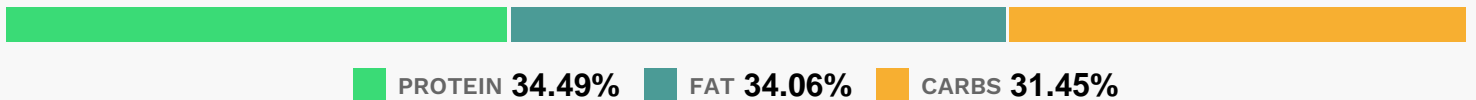
## Equipment

- bowl
- frying pan
- oven

## Directions

- Preheat oven to 350 degrees F (175 degrees) C. Spray a 9x13 pan with cooking spray.
- Brown beef in a skillet over medium heat and drain excess grease.
- Add the olives, mushrooms, and onion. Stir and cook until the onions are soft. Stir in the spaghetti sauce, pepper, oregano, and Italian seasoning.
- In a small bowl combine the peas and corn.
- To assemble, lay 3 noodles on bottom of prepared pan, then one half of the beef mixture, half of the corn and pea mixture. Repeat. End the layers with the remaining noodles.
- Bake in the preheated oven for 25 minutes.
- Sprinkle the top with cheese and bake for an additional 5 minutes.
- Let stand 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:38.97, Glycemic Load:15.75, Inflammation Score:-8, Nutrition Score:31.366087032401%

## Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg,

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## Nutrients (% of daily need)

Calories: 582.13kcal (29.11%), Fat: 22.03g (33.89%), Saturated Fat: 9.26g (57.87%), Carbohydrates: 45.77g (15.26%), Net Carbohydrates: 38.83g (14.12%), Sugar: 8.24g (9.16%), Cholesterol: 123.6mg (41.2%), Sodium: 1300.94mg (56.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.19g (100.39%), Selenium: 58.92µg (84.17%), Vitamin B12: 4.25µg (70.81%), Zinc: 10.11mg (67.37%), Phosphorus: 574.69mg (57.47%), Vitamin B3: 10.86mg (54.29%), Vitamin B6: 0.83mg (41.64%), Iron: 6.54mg (36.32%), Manganese: 0.61mg (30.28%), Vitamin B2: 0.5mg (29.38%), Potassium: 1001.55mg (28.62%), Fiber: 6.94g (27.74%), Calcium: 251.86mg (25.19%), Vitamin C: 19.28mg (23.37%), Magnesium: 91.03mg (22.76%), Copper: 0.45mg (22.68%), Vitamin A: 941.77IU (18.84%), Vitamin E: 2.8mg (18.67%), Vitamin B5: 1.71mg (17.13%), Vitamin B1: 0.23mg (15.67%), Folate: 62.55µg (15.64%), Vitamin K: 11.64µg (11.08%), Vitamin D: 0.34µg (2.3%)