



Easy Bacon Cheeseburger Lasagna

READY IN



235 min.

SERVINGS



8

CALORIES



709 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb ground beef 80% lean (at least)
- 1 cup onion chopped
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 28 oz tomato sauce canned
- 1 cup water
- 1 eggs
- 15 oz ricotta cheese
- 4 oz swiss cheese shredded

- 0.3 cup parsley fresh chopped
- 0.5 cup bacon crumbled cooked
- 12 lasagne pasta sheets uncooked
- 8 oz cheddar cheese shredded

Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 12-inch skillet, cook beef, onions, salt and pepper over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is brown; drain. Stir in tomato sauce and water.
- Heat to boiling; reduce heat to medium-low. Simmer uncovered 10 minutes.
- In medium bowl, beat egg with fork. Stir in ricotta cheese, Swiss cheese, parsley and 1/4 cup of the bacon.
- Spread about 1 cup of the beef mixture in baking dish. Top with 4 uncooked noodles.
- Spread half of the ricotta mixture, 2 cups beef mixture and 3/4 cup of the Cheddar cheese over noodles. Repeat layers once, starting with 4 noodles. Top with remaining noodles, beef mixture, Cheddar cheese and bacon. Spray 15-inch sheet of foil with cooking spray. Cover lasagna with foil, sprayed side down. Refrigerate at least 2 hours but no longer than 24 hours.
- Heat oven to 350°F.
- Bake covered 45 minutes. Uncover and bake about 30 minutes longer or until bubbly and golden brown. Cover and let stand 10 minutes before cutting.

Nutrition Facts



■ PROTEIN 23.24% ■ FAT 53.38% ■ CARBS 23.38%

Properties

Glycemic Index:32.38, Glycemic Load:15.42, Inflammation Score:-8, Nutrition Score:27.490869480631%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 709.19kcal (35.46%), Fat: 41.91g (64.48%), Saturated Fat: 20.15g (125.91%), Carbohydrates: 41.31g (13.77%), Net Carbohydrates: 38.07g (13.84%), Sugar: 5.78g (6.42%), Cholesterol: 156.48mg (52.16%), Sodium: 988.57mg (42.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.05g (82.11%), Selenium: 65.27µg (93.24%), Phosphorus: 580.97mg (58.1%), Calcium: 486.75mg (48.68%), Vitamin B12: 2.86µg (47.59%), Zinc: 6.99mg (46.58%), Vitamin K: 36.71µg (34.96%), Vitamin B2: 0.54mg (31.53%), Vitamin B3: 6.16mg (30.82%), Vitamin B6: 0.56mg (27.84%), Manganese: 0.54mg (27.13%), Vitamin A: 1258.73IU (25.17%), Potassium: 788.54mg (22.53%), Iron: 3.74mg (20.78%), Magnesium: 75.92mg (18.98%), Copper: 0.34mg (17.09%), Vitamin E: 2.29mg (15.24%), Vitamin B5: 1.4mg (14.01%), Vitamin C: 10.92mg (13.24%), Fiber: 3.24g (12.97%), Folate: 45.29µg (11.32%), Vitamin B1: 0.17mg (11.16%), Vitamin D: 0.5µg (3.33%)