



## Easy Beef Lasagna

READY IN



15 min.

SERVINGS



8

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 cups ground beef lean cooked
- 6 no-cook lasagna noodles
- 0.5 cup parmesan cheese shredded
- 26 oz fire-roasted tomato-and-garlic pasta sauce
- 15 oz ricotta cheese
- 8 oz mozzarella cheese shredded

### Equipment

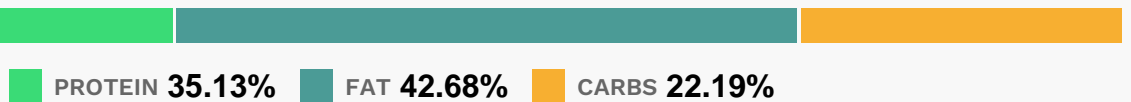
- oven

baking pan

## Directions

- Stir together ground beef and pasta sauce. Stir together ricotta cheese and Parmesan cheese.
- Spread one-third of meat sauce in a lightly greased 11- x 7-inch baking dish; layer with 3 lasagna noodles and half each of ricotta cheese mixture and shredded mozzarella cheese. Repeat procedure once.
- Spread remaining one-third of meat sauce over mozzarella cheese.
- Bake, covered, at 375 for 1 hour; uncover and bake 15 more minutes.
- Let stand 10 minutes before serving.
- Note: For testing purposes only, we used Classico Fire Roasted Tomato & Garlic pasta sauce and Barilla Oven Ready Lasagne.
- Easy Turkey Lasagna: Substitute 3 cups cooked ground turkey for 3 cups cooked lean ground beef, and proceed as directed.
- Freeze Frame: If using frozen cooked ingredients, add 15 minutes to your bake time. If the recipe is covered during the first part of baking, then you'll add the 15 minutes to the covered baking time.

## Nutrition Facts



## Properties

Glycemic Index:21, Glycemic Load:8.54, Inflammation Score:-6, Nutrition Score:20.285217482111%

## Nutrients (% of daily need)

Calories: 417.66kcal (20.88%), Fat: 19.66g (30.25%), Saturated Fat: 11.16g (69.74%), Carbohydrates: 23.01g (7.67%), Net Carbohydrates: 20.96g (7.62%), Sugar: 4.33g (4.81%), Cholesterol: 106.07mg (35.36%), Sodium: 816.2mg (35.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.41g (72.83%), Selenium: 42.44µg (60.63%), Vitamin B12: 2.79µg (46.53%), Phosphorus: 459.35mg (45.93%), Zinc: 6.41mg (42.73%), Calcium: 352.1mg (35.21%), Vitamin B3: 6.01mg (30.04%), Vitamin B6: 0.49mg (24.49%), Vitamin B2: 0.41mg (24.29%), Potassium: 695.52mg (19.87%), Iron: 3.54mg (19.69%), Vitamin A: 875.95IU (17.52%), Manganese: 0.31mg (15.63%), Magnesium: 57.78mg (14.44%), Copper: 0.25mg (12.39%), Vitamin E: 1.71mg (11.41%), Vitamin B5: 1.1mg (10.98%), Fiber: 2.05g (8.22%), Vitamin C: 6.45mg (7.82%), Folate: 25.09µg (6.27%), Vitamin B1: 0.09mg (6.23%), Vitamin K: 4.2µg (4%), Vitamin D:

0.34µg (2.24%)