



Easy Hearty Lasagna

READY IN



90 min.

SERVINGS



30

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb ground beef cooked drained
- 6 lasagna noodles uncooked
- 26 oz classico family favorites pasta sauce traditional (2-)
- 15 oz polly-o original ricotta cheese
- 1 cup mozzarella cheese shredded kraft
- 0.3 cup water

Equipment

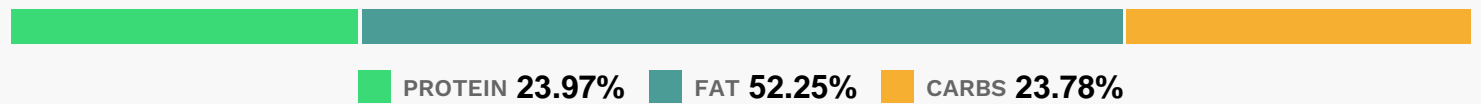
- oven

- baking pan
- aluminum foil

Directions

- Preheat oven to 350F.
- Combine sauce, meat and water.
- Spread 1 cup of the sauce mixture onto bottom of 12x8-inch baking dish.
- Top with layers of half each of the uncooked lasagna noodles, ricotta cheese and remaining sauce mixture. Repeat all layers; sprinkle with shredded cheese. Cover tightly with foil.
- Bake 1 hour.
- Let stand 5 to 10 min. before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:4.7, Glycemic Load:2.24, Inflammation Score:-2, Nutrition Score:3.8939130669055%

Nutrients (% of daily need)

Calories: 100.94kcal (5.05%), Fat: 5.86g (9.01%), Saturated Fat: 2.85g (17.83%), Carbohydrates: 6g (2%), Net Carbohydrates: 5.45g (1.98%), Sugar: 1.1g (1.22%), Cholesterol: 20.91mg (6.97%), Sodium: 162.34mg (7.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.09%), Selenium: 8.64µg (12.35%), Phosphorus: 76.72mg (7.67%), Vitamin B12: 0.46µg (7.61%), Zinc: 1.04mg (6.92%), Calcium: 55.59mg (5.56%), Vitamin B3: 1mg (4.98%), Vitamin B2: 0.08mg (4.7%), Vitamin B6: 0.09mg (4.42%), Potassium: 144mg (4.11%), Manganese: 0.08mg (4.06%), Vitamin A: 194.7IU (3.89%), Iron: 0.67mg (3.73%), Vitamin E: 0.44mg (2.96%), Magnesium: 11.55mg (2.89%), Copper: 0.06mg (2.87%), Fiber: 0.55g (2.19%), Vitamin B5: 0.21mg (2.11%), Vitamin C: 1.72mg (2.08%), Folate: 6.24µg (1.56%), Vitamin B1: 0.02mg (1.36%), Vitamin K: 1.21µg (1.15%)