



Egg-Noodle Lasagna

READY IN



50 min.

SERVINGS



6

CALORIES



605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large garlic cloves minced
- ☐ 6 green onions sliced
- ☐ 1 pound ground beef lean
- ☐ 8 ounce mascarpone cheese fresh
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 0.1 teaspoon pepper
- ☐ 0.8 teaspoon salt divided
- ☐ 1 cup heavy whipping cream sour
- ☐ 26 ounce tomato-basil pasta sauce

☐ 8 ounce wide egg noodles

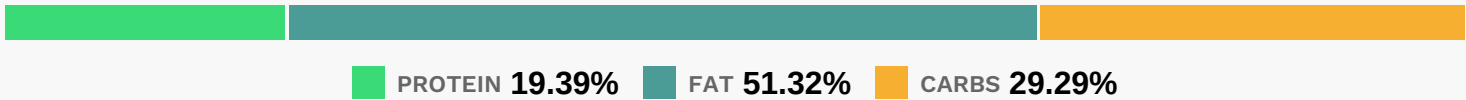
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Prepare egg noodles according to package directions.
- ☐ Drain noodles, and set aside.
- ☐ Cook ground beef, green onions, garlic, and 1/2 teaspoon salt in a large nonstick skillet over medium-high heat, stirring 10 minutes or until it crumbles and is no longer pink.
- ☐ Drain well.
- ☐ Stir in tomato-basil pasta sauce and pepper. Cover, reduce heat, and simmer 20 minutes.
- ☐ Stir together egg noodles, mascarpone cheese, 1 cup sour cream, and remaining 1/4 teaspoon salt until blended.
- ☐ Layer half each of egg noodle mixture and ground beef mixture in a lightly greased 2-quart baking dish. Repeat layers.
- ☐ Bake at 350 for 25 minutes.
- ☐ Remove from oven; sprinkle evenly with Parmesan cheese, and bake 5 more minutes.
- ☐ Let stand 10 minutes before serving.
- ☐ *1 (8-ounce) package cream cheese may be substituted for fresh mascarpone cheese.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:11.62, Inflammation Score:-8, Nutrition Score:19.373478044634%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 604.94kcal (30.25%), Fat: 33.96g (52.24%), Saturated Fat: 17.76g (111.03%), Carbohydrates: 43.62g (14.54%), Net Carbohydrates: 38.1g (13.85%), Sugar: 11.19g (12.43%), Cholesterol: 141.87mg (47.29%), Sodium: 911.95mg (39.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.86g (57.72%), Selenium: 45.51µg (65.02%), Vitamin A: 1681.03IU (33.62%), Zinc: 4.87mg (32.5%), Vitamin B12: 1.93µg (32.23%), Phosphorus: 304.87mg (30.49%), Vitamin B3: 5.06mg (25.32%), Vitamin K: 25.99µg (24.75%), Potassium: 836.41mg (23.9%), Fiber: 5.52g (22.09%), Calcium: 211.13mg (21.11%), Vitamin B6: 0.42mg (20.87%), Iron: 3.49mg (19.4%), Manganese: 0.38mg (18.89%), Vitamin B2: 0.24mg (14.4%), Magnesium: 46.95mg (11.74%), Vitamin C: 8.81mg (10.68%), Vitamin B5: 0.99mg (9.93%), Copper: 0.19mg (9.62%), Vitamin B1: 0.11mg (7.55%), Folate: 25.05µg (6.26%), Vitamin E: 0.57mg (3.82%), Vitamin D: 0.21µg (1.4%)