



Eggplant and Ground Beef Lasagna

READY IN



80 min.

SERVINGS



8

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups mozzarella and cheddar cheese blend
- ☐ 1 eggplant peeled thinly sliced
- ☐ 4 mushrooms fresh sliced
- ☐ 2 cloves garlic crushed
- ☐ 0.5 pound ground beef
- ☐ 29 ounce italian-flavored tomatoes crushed canned
- ☐ 9 lasagna noodles
- ☐ 1 onion chopped

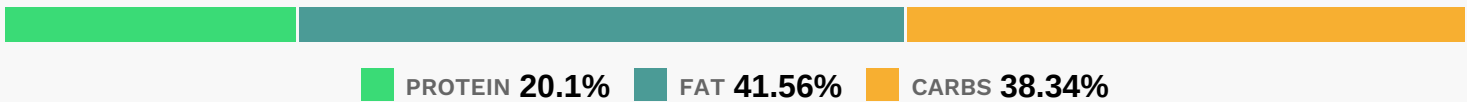
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Grease the bottom and sides of 9x13 inch baking dish.
- ☐ Bring a large pot of lightly salted water to a rolling boil. Cook the lasagna noodles at a boil until tender yet firm to the bite, about 10 minutes; drain and set aside.
- ☐ Cook and stir ground beef, onion, mushrooms, and garlic in a skillet over medium heat until the beef is completely browned, about 10 minutes.
- ☐ Stir canned tomatoes into ground beef; simmer until sauce has formed, 3 to 4 minutes.
- ☐ Pour about one-fourth of the sauce into the bottom of the prepared baking dish.
- ☐ Layer noodles on top of sauce.
- ☐ Spread a thin layer of sauce on top of noodles.
- ☐ Place a layer of eggplant slices on top of noodle and sauce layer.
- ☐ Sprinkle about one-fourth of the cheese on top of eggplant slices.
- ☐ Repeat layering with remaining ingredients, until ending with a layer of sauce topped with remaining cheese.
- ☐ Bake in preheated oven until cheese is bubbly and brown on top, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:11.61, Inflammation Score:-8, Nutrition Score:16.129999917486%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 345.76kcal (17.29%), Fat: 16.11g (24.79%), Saturated Fat: 7.75g (48.41%), Carbohydrates: 33.43g (11.14%), Net Carbohydrates: 29.12g (10.59%), Sugar: 6.45g (7.16%), Cholesterol: 48.38mg (16.13%), Sodium: 213.1mg (9.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.53g (35.06%), Selenium: 33.43µg (47.76%), Manganese: 0.58mg (28.97%), Phosphorus: 285.85mg (28.59%), Calcium: 231.69mg (23.17%), Vitamin A: 1152.62IU (23.05%), Vitamin C: 16.8mg (20.36%), Zinc: 3.02mg (20.11%), Fiber: 4.31g (17.23%), Potassium: 598.08mg (17.09%), Vitamin B6: 0.32mg (16.11%), Vitamin B2: 0.27mg (15.93%), Vitamin B3: 3.11mg (15.56%), Vitamin B12: 0.91µg (15.17%), Copper: 0.26mg (13.2%), Magnesium: 50.92mg (12.73%), Folate: 45.93µg (11.48%), Vitamin K: 11.41µg (10.87%), Iron: 1.51mg (8.36%), Vitamin B1: 0.13mg (8.33%), Vitamin B5: 0.82mg (8.18%), Vitamin E: 1.09mg (7.29%), Vitamin D: 0.22µg (1.45%)