



Ellie's Lasagna

READY IN



30 min.

SERVINGS



6

CALORIES



825 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon garlic pressed
- 1 pound ground beef
- 16 oz three-cheese blend shredded italian
- 12 lasagna noodles
- 15 oz ricotta cheese
- 52 oz spaghetti sauce

Equipment

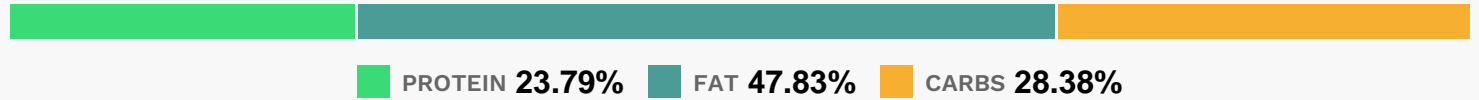
- frying pan

- oven
- baking pan

Directions

- Cook lasagna noodles according to package directions; drain noodles, and set aside.
- Stir together ricotta cheese and garlic; set aside.
- Cook 1 lb. ground beef in a large skillet, stirring until meat crumbles and is no longer pink; drain. Stir in spaghetti sauce.
- Layer a lightly greased 13- x 9-inch baking dish with one-third each of noodles, ricotta mixture, shredded cheese blend, and meat sauce. Repeat layers twice.
- Bake at 375 for 35 to 40 minutes.
- Let lasagna stand 5 to 10 minutes before serving.
- Note: For testing purposes only, we used Classico di Napoli Tomato & Basil pasta sauce.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:21.65, Inflammation Score:-8, Nutrition Score:26.363913256189%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 825.49kcal (41.27%), Fat: 44.8g (68.93%), Saturated Fat: 14.96g (93.5%), Carbohydrates: 59.83g (19.94%), Net Carbohydrates: 54.34g (19.76%), Sugar: 10.44g (11.6%), Cholesterol: 104.94mg (34.98%), Sodium: 1421.87mg (61.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.14g (100.29%), Selenium: 58.55µg (83.65%), Phosphorus: 404.37mg (40.44%), Manganese: 0.8mg (39.83%), Calcium: 358.58mg (35.86%), Zinc: 5.32mg (35.45%), Vitamin B3: 6.66mg (33.3%), Potassium: 1135.14mg (32.43%), Vitamin B12: 1.86µg (30.98%), Vitamin B6: 0.6mg (30.06%), Vitamin A: 1379.3IU (27.59%), Iron: 4.83mg (26.84%), Vitamin E: 3.99mg (26.59%), Vitamin B2: 0.44mg (26.11%), Copper: 0.51mg (25.34%), Fiber: 5.49g (21.95%), Magnesium: 87.31mg (21.83%), Vitamin C: 17.35mg (21.04%), Vitamin B5: 1.53mg (15.34%), Folate: 46µg (11.5%), Vitamin B1: 0.15mg (10.14%), Vitamin K: 9.08µg (8.65%), Vitamin D: 0.22µg (1.45%)