



## Enchilada Lasagna

READY IN



95 min.

SERVINGS



8

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 lb ground beef 80% lean (at least )
- 0.5 cup onion chopped
- 3 cloves garlic chopped
- 10 oz enchilada sauce red canned
- 2 teaspoons ground cumin
- 1 teaspoon salt
- 1 eggs beaten
- 1.5 cups curd cottage cheese
- 4 oz chilis green chopped canned

- 12 no boil lasagna noodles
- 16 oz cheddar cheese shredded
- 14.5 oz canned tomatoes diced organic drained canned

## Equipment

- bowl
- frying pan
- ladle
- oven
- baking pan
- glass baking pan

## Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- In 12-inch nonstick skillet, cook beef, onion and garlic over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain. Stir in 1 can of enchilada sauce, the cumin and salt; set aside. In small bowl, mix egg, cottage cheese and chiles; set aside.
- Using remaining can of enchilada sauce, ladle 1/3 cup of the sauce into baking dish. Top with 4 noodles, half of the beef mixture (about 1 3/4 cups), half of the cottage cheese mixture (about 1 cup) and 1 cup of the shredded cheese. Repeat layers. Top with remaining 4 noodles.
- Pour remaining enchilada sauce over noodles. Spoon tomatoes over sauce.
- Cover; bake 45 minutes. Uncover; sprinkle with remaining 2 cups shredded cheese.
- Bake 10 to 15 minutes longer or until edges are bubbly.
- Let stand 10 minutes before cutting.

## Nutrition Facts



## Properties

Glycemic Index:15.88, Glycemic Load:1.76, Inflammation Score:-6, Nutrition Score:19.23000023676%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

## Nutrients (% of daily need)

Calories: 605.97kcal (30.3%), Fat: 36.31g (55.86%), Saturated Fat: 17.1g (106.89%), Carbohydrates: 31.59g (10.53%), Net Carbohydrates: 28.56g (10.39%), Sugar: 7.4g (8.23%), Cholesterol: 153.97mg (51.32%), Sodium: 1265.89mg (55.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.51g (77.01%), Phosphorus: 486.1mg (48.61%), Calcium: 458.95mg (45.9%), Vitamin B12: 2.75µg (45.81%), Selenium: 27.65µg (39.5%), Zinc: 5.71mg (38.06%), Vitamin B2: 0.44mg (25.7%), Vitamin B6: 0.46mg (23.02%), Vitamin B3: 4.46mg (22.32%), Iron: 3.55mg (19.74%), Potassium: 589.26mg (16.84%), Vitamin A: 834.02IU (16.68%), Vitamin C: 11.41mg (13.83%), Fiber: 3.03g (12.12%), Magnesium: 46.65mg (11.66%), Vitamin B5: 1.06mg (10.62%), Copper: 0.19mg (9.41%), Folate: 37.31µg (9.33%), Manganese: 0.17mg (8.33%), Vitamin E: 1.24mg (8.29%), Vitamin B1: 0.11mg (7.55%), Vitamin K: 5.77µg (5.5%), Vitamin D: 0.52µg (3.47%)