



Extra-Easy Lasagna

READY IN



45 min.

SERVINGS



8

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 lasagne pasta sheets uncooked
- 1 pound ground beef lean
- 15 ounce ricotta cheese
- 10 ounces mozzarella cheese shredded
- 4 cups tomato basil sauce
- 0.3 cup water hot

Equipment

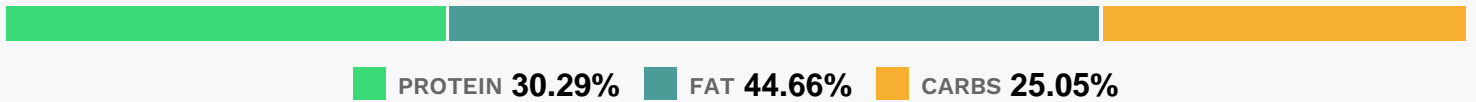
- frying pan

- oven
- baking pan
- aluminum foil

Directions

- Cook beef in a large skillet over medium heat, stirring until it crumbles and is no longer pink; drain. Stir in pasta sauce.
- Spread one-third of meat sauce in a lightly greased 11- x 7-inch baking dish; layer with 3 noodles and half each of ricotta cheese and mozzarella cheese. (The ricotta cheese layers will be thin.) Repeat procedure; spread remaining one-third of meat sauce over mozzarella cheese. Slowly pour 1/4 cup hot water around inside edge of dish. Tightly cover baking dish with 2 layers of heavy-duty aluminum foil.
- Bake at 375 for 45 minutes; uncover and bake 10 more minutes.
- Let stand 10 minutes before serving.
- Note: For testing purposes only, we used Classico Tomato & Basil pasta sauce.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:6.95, Inflammation Score:-6, Nutrition Score:15.030000012854%

Nutrients (% of daily need)

Calories: 399.39kcal (19.97%), Fat: 19.47g (29.96%), Saturated Fat: 10.64g (66.53%), Carbohydrates: 24.57g (8.19%), Net Carbohydrates: 21.9g (7.96%), Sugar: 5.57g (6.19%), Cholesterol: 90.26mg (30.09%), Sodium: 540.89mg (23.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.72g (59.44%), Selenium: 36.87µg (52.67%), Vitamin B12: 2.26µg (37.65%), Phosphorus: 361.39mg (36.14%), Zinc: 4.83mg (32.23%), Calcium: 318.72mg (31.87%), Vitamin B2: 0.31mg (18.11%), Vitamin B3: 3.56mg (17.82%), Vitamin A: 851.09IU (17.02%), Potassium: 525.75mg (15.02%), Vitamin B6: 0.29mg (14.4%), Iron: 2.34mg (13.02%), Fiber: 2.67g (10.69%), Manganese: 0.21mg (10.6%), Magnesium: 36.61mg (9.15%), Vitamin B5: 0.62mg (6.18%), Copper: 0.12mg (6.03%), Vitamin B1: 0.06mg (3.98%), Folate: 15.47µg (3.87%), Vitamin C: 3mg (3.64%), Vitamin E: 0.31mg (2.05%), Vitamin D: 0.3µg (2.03%), Vitamin K: 1.59µg (1.52%)