



Fajita Lasagna

READY IN



60 min.

SERVINGS



8

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bell pepper frozen thawed
- 1 pound ground beef lean
- 29 ounces tomato sauce canned
- 1.4 ounces suya seasoning mix
- 12 no boil lasagna noodles
- 12 ounces monterrey jack cheese shredded
- 2.3 ounces olives ripe drained sliced canned
- 1 serving guacamole
- 1 serving salsa thick

- 1 serving cream sour

Equipment

- frying pan
- paper towels
- oven
- baking pan
- aluminum foil

Directions

- Heat oven to 350°F. Spray bottom and sides of rectangular baking dish, 13x9x2 inches, with cooking spray.
- Drain thawed bell pepper mixture on several layers of paper towels; set aside.
- Cook beef in 10-inch skillet over medium-high heat, stirring occasionally, until brown; drain. Stir in tomato sauce and seasoning mix; heat to boiling.
- Spread 1/2 cup sauce mixture in baking dish. Arrange 4 noodles crosswise, slightly overlapping, on sauce.
- Spread 1 1/2 cups sauce over noodles, completely covering noodles.
- Spread pepper mixture evenly over sauce; sprinkle with 1 cup of the cheese.
- Arrange 4 noodles crosswise, slightly overlapping, on cheese.
- Spread about 1 1/2 cups sauce over noodles, completely covering noodles.
- Sprinkle 1 cup of the cheese and the olives over sauce. Arrange 4 noodles crosswise, slightly overlapping, on olives.
- Spread remaining sauce over noodles, completely covering noodles.
- Sprinkle with remaining 1 cup cheese.
- Spray piece of aluminum foil large enough to cover baking dish with cooking spray. Tightly cover baking dish with foil, sprayed side down.
- Bake about 30 minutes or until hot and bubbly.
- Let stand 15 minutes before cutting.
- Serve with guacamole, salsa and sour cream.

Nutrition Facts

PROTEIN 27.44% FAT 40.14% CARBS 32.42%

Properties

Glycemic Index:18.63, Glycemic Load:2.62, Inflammation Score:-9, Nutrition Score:26.418695553489%

Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 401.17kcal (20.06%), Fat: 18.43g (28.35%), Saturated Fat: 9.87g (61.67%), Carbohydrates: 33.49g (11.16%), Net Carbohydrates: 27.34g (9.94%), Sugar: 7.19g (7.98%), Cholesterol: 85.94mg (28.65%), Sodium: 934.29mg (40.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.35g (56.71%), Vitamin C: 79.98mg (96.95%), Vitamin A: 2691.69IU (53.83%), Calcium: 426.72mg (42.67%), Vitamin K: 38.06µg (36.25%), Phosphorus: 353.71mg (35.37%), Zinc: 4.68mg (31.2%), Vitamin B6: 0.58mg (29.19%), Vitamin B12: 1.63µg (27.1%), Iron: 4.77mg (26.5%), Vitamin E: 3.91mg (26.08%), Vitamin B3: 5.03mg (25.13%), Fiber: 6.15g (24.59%), Selenium: 17.09µg (24.42%), Vitamin B2: 0.4mg (23.7%), Potassium: 799.23mg (22.84%), Manganese: 0.44mg (21.81%), Magnesium: 61.23mg (15.31%), Folate: 58.17µg (14.54%), Copper: 0.23mg (11.46%), Vitamin B5: 1.01mg (10.13%), Vitamin B1: 0.1mg (6.48%), Vitamin D: 0.31µg (2.08%)