



HEALTH SCORE

100%

Grandma's Lasagna



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



1179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons basil finely chopped
- ☐ 2 bay leaves
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 large eggs beaten
- ☐ 0.3 cup flat-leaf parsley finely chopped
- ☐ 2 pounds ricotta fresh
- ☐ 4 teaspoons garlic minced
- ☐ 0.5 pound ground beef chuck

- ☐ 0.5 pound ground sirloin
- ☐ 1.5 pounds sausage sweet italian
- ☐ 56 2 28-ounce cans italian peeled tomatoes italian peeled finely chopped canned
- ☐ 12 lasagna noodles dried
- ☐ 2 cups chicken stock see low-sodium
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 teaspoon oregano dried crumbled
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 10 servings salt and pepper freshly ground
- ☐ 3 cups d whole-milk mozzarella shredded
- ☐ 1 pinch sugar
- ☐ 6 thyme sprigs with kitchen string
- ☐ 2 tablespoons tomato paste
- ☐ 28 ounce tomato purée canned

Equipment

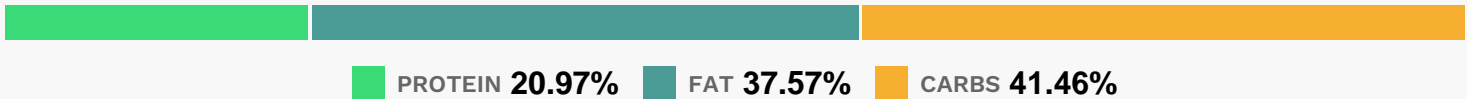
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ glass baking pan

Directions

- ☐ In a large enameled cast-iron casserole, heat the olive oil until shimmering.
- ☐ Add the chuck and sirloin and cook over moderately high heat, breaking up the meat into large chunks, until no pink remains.
- ☐ Add the garlic, oregano and crushed red pepper and cook until fragrant. Stir in the tomato paste and cook until the meat is coated.

- ☐ Add the tomatoes and their juices and the tomato puree along with the chicken stock, bay leaves, thyme and sugar. Season with salt and pepper and bring to a boil. Simmer over moderate heat, stirring occasionally, until thickened and reduced to 8 cups, about 1 1/2 hours.
- ☐ Remove the bay leaves and thyme sprigs.
- ☐ Meanwhile, heat a large skillet.
- ☐ Add the sausage meat in large pieces and cook over moderately high heat until browned and just cooked through, about 10 minutes.
- ☐ Drain the sausage and break it into 1/2-inch pieces.
- ☐ In a large bowl, combine the ricotta with the parsley, basil and 1/4 cup of the Parmesan.
- ☐ Add two-thirds of the shredded mozzarella and season with salt and pepper. Beat in the egg.
- ☐ Cook the lasagna noodles in a large pot of boiling salted water, stirring occasionally, until al dente.
- ☐ Drain the noodles and rinse under cold water. Dry the noodles between layers of paper towels.
- ☐ Preheat the oven to 37
- ☐ Spread 1 cup of the sauce in the bottom of a 9-by-13-inch glass baking dish. Line the dish with 4 overlapping noodles.
- ☐ Spread one-half of the ricotta mixture over the noodles, then top with one-half of the sausage, 1 1/2 cups of the sauce and another 4 noodles. Repeat the layering with the remaining ricotta, sausage and another 1 1/2 cups of sauce. Top with 4 noodles and cover with 1 1/2 cups of sauce. Toss the remaining 1 cup of mozzarella with the remaining 1/4 cup of Parmesan and sprinkle over the lasagna.
- ☐ Bake the lasagna for about 45 minutes, or until the top is golden and crisp around the edges and the filling is bubbling.
- ☐ Let the lasagna rest for 20 minutes before serving.
- ☐ Make Ahead: The lasagna can be prepared through Step 5 and refrigerated overnight, or it can be baked ahead and then reheated in a 325 oven.

Nutrition Facts



Properties

Glycemic Index:43.21, Glycemic Load:13.02, Inflammation Score:-10, Nutrition Score:80.940434559532%

Flavonoids

Apigenin: 3.48mg, Apigenin: 3.48mg, Apigenin: 3.48mg, Apigenin: 3.48mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg

Nutrients (% of daily need)

Calories: 1178.75kcal (58.94%), Fat: 52.37g (80.57%), Saturated Fat: 20.58g (128.6%), Carbohydrates: 130.01g (43.34%), Net Carbohydrates: 103.44g (37.61%), Sugar: 60.52g (67.25%), Cholesterol: 158.55mg (52.85%), Sodium: 4583.59mg (199.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.78g (131.56%), Vitamin C: 226.83mg (274.94%), Vitamin B6: 3.19mg (159.45%), Potassium: 5175.52mg (147.87%), Iron: 26.58mg (147.68%), Calcium: 1340.36mg (134.04%), Vitamin E: 18.05mg (120.33%), Manganese: 2.34mg (116.79%), Vitamin B3: 23.09mg (115.47%), Phosphorus: 1125.46mg (112.55%), Vitamin B2: 1.85mg (109.08%), Fiber: 26.57g (106.28%), Vitamin B1: 1.56mg (103.97%), Selenium: 71.08µg (101.54%), Copper: 2mg (99.9%), Vitamin K: 103.9µg (98.95%), Magnesium: 332.29mg (83.07%), Vitamin A: 3743.18IU (74.86%), Zinc: 9.87mg (65.81%), Folate: 229.34µg (57.34%), Vitamin B5: 3.98mg (39.75%), Vitamin B12: 2.38µg (39.6%), Vitamin D: 0.35µg (2.35%)