

# Ground Beef & Plantain Lasagna

 **Gluten Free**

READY IN



**75 min.**

SERVINGS



**15**

CALORIES



**271 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup alcaparrado condiment
- 6 slices oscar mayer bacon cut into 1-inch pieces
- 15 oz tomato sauce canned
- 6 eggs
- 0.5 lb green beans fresh trimmed chopped
- 2 hard-cooked eggs chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 lb ground beef lean

- 1.5 cups milk
- 1 onion chopped
- 6 large plantains cut lengthwise into 4 slices
- 6 prune- cut to pieces chopped
- 2 Tbsp raisins
- 1 bell pepper red chopped

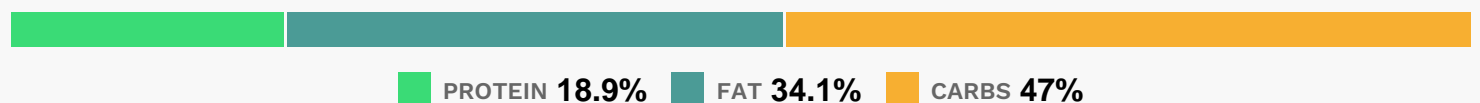
## Equipment

- frying pan
- sauce pan
- oven
- whisk

## Directions

- Heat oven to 350F.
- Cook and stir bacon and onions in medium saucepan on medium-high heat until bacon is crisp.
- Add ground beef and peppers; cook and stir until ground beef is evenly browned. Stir in next 6 ingredients; cover. Cook on low heat 15 min., stirring occasionally.
- Cook plantains in dressing in skillet on medium-high heat until each slice is evenly browned on both sides, turning once. Arrange 1/3 of the plantains on bottom of 13x9-inch pan sprayed with cooking spray; cover with half the meat mixture. Repeat layers; cover with remaining plantains.
- Whisk eggs and milk until blended; pour over ingredients in pan.
- Bake 45 min. or until center is set.

## Nutrition Facts



## Properties

Glycemic Index:18.39, Glycemic Load:2.97, Inflammation Score:-8, Nutrition Score:15.591738928919%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

## Nutrients (% of daily need)

Calories: 270.77kcal (13.54%), Fat: 10.7g (16.47%), Saturated Fat: 3.4g (21.24%), Carbohydrates: 33.2g (11.07%), Net Carbohydrates: 30.34g (11.03%), Sugar: 18.38g (20.42%), Cholesterol: 117.82mg (39.27%), Sodium: 384.73mg (16.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.35g (26.7%), Vitamin C: 27.86mg (33.77%), Vitamin K: 35.38µg (33.69%), Vitamin A: 1503.04IU (30.06%), Selenium: 16.54µg (23.63%), Vitamin B6: 0.47mg (23.35%), Potassium: 737.2mg (21.06%), Phosphorus: 189.56mg (18.96%), Vitamin B2: 0.31mg (18.39%), Vitamin B12: 1.08µg (18.06%), Vitamin B3: 3.13mg (15.66%), Zinc: 2.34mg (15.57%), Magnesium: 51.87mg (12.97%), Iron: 2.14mg (11.88%), Fiber: 2.86g (11.44%), Vitamin B5: 1.09mg (10.86%), Manganese: 0.22mg (10.79%), Folate: 41.36µg (10.34%), Vitamin B1: 0.14mg (9.3%), Vitamin E: 1.29mg (8.59%), Copper: 0.16mg (8.17%), Calcium: 65.17mg (6.52%), Vitamin D: 0.83µg (5.55%)