



Ham & olive lasagne

READY IN



25 min.

SERVINGS



4

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g lasagna sheets fresh
- ☐ 1 tbsp cooking oil
- ☐ 1 garlic clove crushed
- ☐ 800 g canned tomatoes with herbs chopped canned
- ☐ 8 slices ham
- ☐ 1 handful olive green generous
- ☐ 2 eggs
- ☐ 150 g yogurt well (bio works)
- ☐ 50 g cheddar cheese grated for the top plus a handful extra

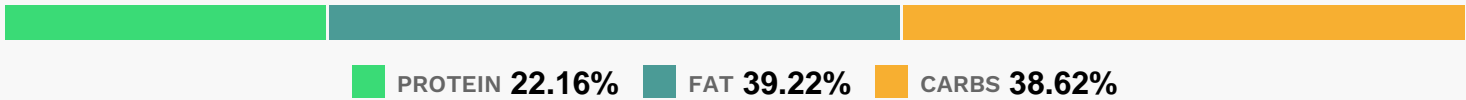
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Put the lasagne sheets into a large bowl and pour over just-boiled water. Leave to soak for 5 mins, then drain. Meanwhile, heat the oil in an ovenproof frying pan, then fry the garlic for 1 min.
- ☐ Add the tomatoes, then simmer for 5 mins until reduced a little. Season to taste, then tip into a bowl.
- ☐ Layer the pasta sheets, ham (keep this in slices), tomato sauce and olives in the pan, making sure you have a few olives and some sauce on the top. Dont be too neat about it, crumple the ham and let the pasta fold around the sauce and olives.
- ☐ Beat the eggs, yogurt and most of the cheese together in a jug, season with salt and pepper, then pour over the pasta. Top with extra cheese and black pepper, then bake for about 15 mins until the cheese is golden and the topping is set.
- ☐ Serve with a salad.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:4.58, Inflammation Score:-8, Nutrition Score:26.826087080914%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 524.72kcal (26.24%), Fat: 23.22g (35.72%), Saturated Fat: 7.87g (49.18%), Carbohydrates: 51.44g (17.15%), Net Carbohydrates: 47.46g (17.26%), Sugar: 10.7g (11.89%), Cholesterol: 179.56mg (59.85%), Sodium: 1153.34mg (50.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.51g (59.03%), Vitamin B1: 0.95mg (63.54%), Phosphorus: 423.5mg (42.35%), Vitamin B2: 0.71mg (41.9%), Folate: 153.44µg (38.36%), Manganese: 0.74mg (36.86%), Selenium: 25.18µg (35.97%), Vitamin B3: 7.1mg (35.52%), Vitamin B6: 0.64mg (31.99%), Iron: 5.64mg (31.34%), Copper: 0.59mg (29.33%), Potassium: 961.25mg (27.46%), Vitamin E: 3.85mg (25.68%), Zinc: 3.58mg (23.84%), Calcium: 231.32mg (23.13%), Vitamin C: 18.82mg (22.81%), Magnesium: 90.64mg (22.66%), Vitamin B12: 1.02µg (16.99%), Vitamin B5: 1.69mg (16.87%), Fiber: 3.98g (15.92%), Vitamin A: 760.27IU (15.21%), Vitamin K: 13.62µg (12.97%), Vitamin D: 0.94µg (6.3%)