

Kristy's Lasagna

READY IN



45 min.

SERVINGS



12

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 45 ounce tomato sauce canned
- ☐ 2 teaspoons garlic salt
- ☐ 5 tablespoons penzey's southwest seasoning italian
- ☐ 16 ounce lasagna noodles
- ☐ 1 pound ground beef lean
- ☐ 1 pint part-skim ricotta cheese
- ☐ 2 cups mozzarella cheese shredded
- ☐ 6 ounce tomato paste canned

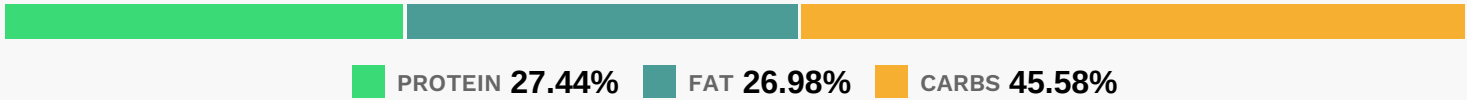
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ In a large pot cook lasagna noodles in boiling salted water until al dente. Rinse with cool water.
- ☐ Drain.
- ☐ In large sauce pan cook ground beef.
- ☐ Drain excess grease.
- ☐ Combine tomato sauces and tomato paste with ground beef and simmer until bubbly.
- ☐ Add garlic salt and Italian seasoning and reduce heat to low simmer. Cook for 10 minutes.
- ☐ To assemble, in the bottom of a 13x9 inch baking dish spread a thin layer of sauce. Next, add a layer of noodles, ricotta cheese, sauce/ground beef mixture, and then grated mozzarella cheese. Repeat until baking dish is filled.
- ☐ Garnish top with additional shredded mozzarella cheese.
- ☐ In a preheated 375 degree F(190 degree C) oven bake for 30 minutes or until bubbly.
- ☐ Let stand for 15 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:13.08, Glycemic Load:13.6, Inflammation Score:-7, Nutrition Score:18.366087156793%

Nutrients (% of daily need)

Calories: 338.01kcal (16.9%), Fat: 10.2g (15.69%), Saturated Fat: 5.43g (33.97%), Carbohydrates: 38.77g (12.92%), Net Carbohydrates: 34.82g (12.66%), Sugar: 5.82g (6.46%), Cholesterol: 50.41mg (16.8%), Sodium: 1104.27mg (48.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.35g (46.69%), Selenium: 41.04µg (58.63%),

Phosphorus: 320.85mg (32.08%), Manganese: 0.6mg (30.23%), Calcium: 266.07mg (26.61%), Zinc: 3.86mg (25.73%), Vitamin B12: 1.39µg (23.11%), Vitamin B3: 4.09mg (20.46%), Iron: 3.62mg (20.12%), Potassium: 662.16mg (18.92%), Vitamin B6: 0.36mg (18.19%), Vitamin B2: 0.3mg (17.46%), Vitamin K: 17.54µg (16.7%), Vitamin A: 803.84IU (16.08%), Fiber: 3.96g (15.84%), Copper: 0.32mg (15.77%), Magnesium: 62.41mg (15.6%), Vitamin E: 2.3mg (15.33%), Vitamin C: 8.79mg (10.66%), Vitamin B5: 0.91mg (9.14%), Folate: 31.47µg (7.87%), Vitamin B1: 0.1mg (6.88%), Vitamin D: 0.15µg (1.01%)