



Lasagna

READY IN

ready

160 min.

SERVINGS

servings

6

CALORIES

calories

1388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 leaves basil finely chopped for garnish
- ☐ 1 tablespoon butter
- ☐ 14 ounce tomato sauce canned
- ☐ 1 large ball mozzarella cheese fresh grated sliced
- ☐ 6 cloves garlic minced
- ☐ 1 small bell pepper green chopped
- ☐ 1 pound ground beef
- ☐ 1 box lasagna noodles dry
- ☐ 0.3 cup olive oil

- ☐ 1 medium onion chopped
- ☐ 1 tablespoon oregano leaves fresh chopped
- ☐ 1 cup parmesan grated for garnish
- ☐ 1 teaspoon cracked pepper black for coating beef
- ☐ 1 small bell pepper red chopped
- ☐ 1 pint ricotta
- ☐ 1 rustic loaf bread
- ☐ 2 teaspoon salt
- ☐ 1 small can tomato paste

Equipment

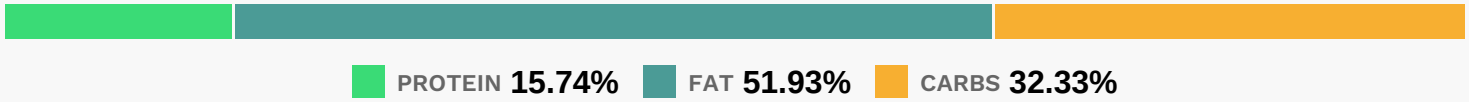
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat the oil in a large pot on high heat.
- ☐ Add the beef and coat it with pepper. Cook through, about 5 to 6 minutes.
- ☐ Remove the beef from the pot and add in the onions, peppers, 1/2 of the garlic, and herbs. Turn the heat to medium and cook the vegetables until soft.
- ☐ Add in the tomato sauce and paste. Season with salt and pepper and let simmer for 1 hour.
- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the dry lasagna to the boiling water and cook until al dente.
- ☐ Remove and place on baking sheet coated with olive oil. Toss the pasta to coat it completely.
- ☐ Preheat the oven to 400 degrees F.

- ☐ In a bowl, mix the ricotta and Parmesan well. In a 9 by 12-inch baking dish, begin laying down the pasta. Smooth on a layer of the cheese mixture and spoon on meat sauce.
- ☐ Add another layer of pasta and repeat this process until you reach the top of the dish. The final layer should be cheese mixture and fresh mozzarella.
- ☐ Cover with foil and place in the oven.
- ☐ Bake for 45 minutes.
- ☐ Remove the foil and let brown for 15 more minutes.
- ☐ Cut the rustic bread in half and spread on butter.
- ☐ Add minced garlic, salt and pepper and wrap in foil.
- ☐ Bake until hot throughout. Unwrap the bread but keep it in the foil.
- ☐ Let crisp up and serve.
- ☐ To serve, spoon on meat sauce on a warm plate.
- ☐ Place a large square of lasagna on the pool of sauce. Top with Parmesan and a basil leaf.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:26.97, Inflammation Score:-9, Nutrition Score:38.140000177466%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 1388.34kcal (69.42%), Fat: 80.29g (123.52%), Saturated Fat: 37.69g (235.55%), Carbohydrates: 112.5g (37.5%), Net Carbohydrates: 103.88g (37.77%), Sugar: 33.1g (36.77%), Cholesterol: 140mg (46.67%), Sodium: 2101.44mg (91.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.75g (109.49%), Selenium: 81.75µg (116.78%), Phosphorus: 720.65mg (72.07%), Calcium: 641.13mg (64.11%), Manganese: 1.1mg (55.22%), Vitamin B12: 2.95µg (49.15%), Vitamin B3: 9.8mg (48.98%), Zinc: 7.32mg (48.79%), Vitamin C: 39.02mg (47.3%), Vitamin B2: 0.65mg (38.09%), Iron: 6.77mg (37.59%), Vitamin B6: 0.71mg (35.72%), Fiber: 8.62g (34.5%), Vitamin A: 1698.15IU

(33.96%), Potassium: 1162.54mg (33.22%), Vitamin E: 4.58mg (30.56%), Magnesium: 121.05mg (30.26%), Folate: 107.35µg (26.84%), Copper: 0.53mg (26.43%), Vitamin K: 25.42µg (24.21%), Vitamin B1: 0.33mg (22.08%), Vitamin B5: 1.5mg (15.02%), Vitamin D: 0.47µg (3.12%)