



Lasagna

READY IN



45 min.

SERVINGS



9

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce percent milk mozzarella shredded
- ☐ 1 tablespoon balsamic vinegar
- ☐ 4 tablespoons basil fresh shredded
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 12 lasagna noodles cooked
- ☐ 1 eggs
- ☐ 2 cloves garlic minced
- ☐ 12 ounces ground round
- ☐ 1 cup italian-blend cheese shredded

- ☐ 0.3 cup parmesan divided freshly grated
- ☐ 26 ounce roasted-tomato pasta sauce your favorite or pasta sauce
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 15 ounce ricotta low-fat

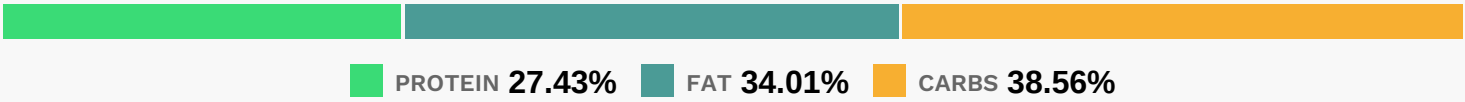
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Cook the beef in a large saucepan over medium heat, breaking into small pieces, for about 5 minutes or until no pink meat remains.
- ☐ Add the garlic and saut for 1 minute.
- ☐ Add the pasta sauce, tomatoes, vinegar, and 2 tablespoons of the basil. Bring the mixture to a boil; reduce heat and simmer gently for 10 minutes. Preheat oven to 350 F. In a small bowl, combine the ricotta, provolone, 2 tablespoons of the basil, the egg, and the crushed red pepper.
- ☐ Place 3/4 cup of the pasta-sauce mixture in the bottom of a 13-by-9-inch baking pan. Top with 3 cooked noodles, then spread a third of the ricotta mixture evenly over the noodles.
- ☐ Sprinkle with a third of the mozzarella and top with 3/4 cup of the pasta-sauce mixture. Repeat the layers, ending with 3/4 cup of the pasta-sauce mixture and the final 3 noodles.
- ☐ Spread the remaining sauce on top, sprinkle with the Parmesan, and cover with foil.
- ☐ Bake for 30 minutes; uncover and bake for 15 minutes or until bubbly.
- ☐ Remove from oven.
- ☐ Let stand 15 minutes before serving.
- ☐ Garnish with the remaining basil.

Nutrition Facts



Properties

Glycemic Index:37.28, Glycemic Load:14.25, Inflammation Score:-6, Nutrition Score:17.145652009093%

Flavonoids

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: 371.8kcal (18.59%), Fat: 14.2g (21.84%), Saturated Fat: 6.54g (40.88%), Carbohydrates: 36.2g (12.07%), Net Carbohydrates: 32.6g (11.86%), Sugar: 7.11g (7.9%), Cholesterol: 72.74mg (24.25%), Sodium: 618.07mg (26.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.76g (51.52%), Selenium: 38.4µg (54.85%), Phosphorus: 293.38mg (29.34%), Calcium: 239.15mg (23.91%), Manganese: 0.47mg (23.33%), Zinc: 3.49mg (23.27%), Vitamin B12: 1.23µg (20.48%), Iron: 3.68mg (20.42%), Vitamin B6: 0.39mg (19.48%), Vitamin B3: 3.88mg (19.39%), Vitamin B2: 0.33mg (19.39%), Potassium: 647.55mg (18.5%), Vitamin A: 824IU (16.48%), Copper: 0.31mg (15.5%), Fiber: 3.6g (14.41%), Magnesium: 55.44mg (13.86%), Vitamin E: 2.07mg (13.82%), Vitamin C: 10.35mg (12.55%), Vitamin B5: 1mg (10.01%), Vitamin K: 9.29µg (8.85%), Folate: 30.94µg (7.74%), Vitamin B1: 0.11mg (7.11%), Vitamin D: 0.25µg (1.66%)