

## Lasagna al Forno

READY IN



160 min.

SERVINGS



12

CALORIES



851 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 bay leaves
- 2 eggs lightly beaten
- 0.3 cup flat-leaf parsley italian finely chopped
- 2 tablespoons basil fresh chopped
- 2 cloves garlic sliced
- 1.5 pounds ground beef
- 1 pound ground sausage italian
- 1 pound lasagna noodles dried
- 12 servings olive oil

- 1 onion chopped
- 2 tablespoons oregano fresh chopped
- 1 oz parmesan and mozzarella grated for topping
- 0.5 cup parmesan cheese grated
- 30 ounces ricotta cheese (2 containers)
- 12 servings salt and pepper black to taste
- 1 pound mozzarella cheese shredded
- 6 ounces tomato paste (1 can)
- 4 cups tomato sauce prepared

## Equipment

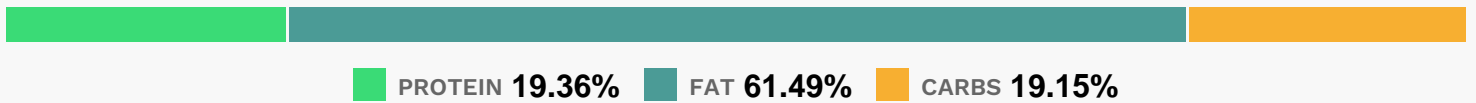
- frying pan
- ladle
- oven
- mixing bowl
- wooden spoon
- spatula

## Directions

- Watch how to make this recipe.
- Cook the lasagna noodles in plenty of boiling salted water until pliable and barely tender, about 10 minutes. Stir with a wooden spoon to prevent sticking.
- Drain the noodles thoroughly, coat with olive oil keep them moist and easy to work with.
- Coat a large skillet with olive oil.
- Saute over medium heat, onion, garlic and herbs. Cook 5 minutes. Brown beef and sausage until no longer pink, about 15 minutes.
- Drain fat into a small container and discard. Stir in the tomato paste completely. Set aside to cool.
- In a mixing bowl, combine ricotta, parsley and oregano. Stir in beaten eggs.

- Add Parmesan, season with salt and pepper.
- To assemble the lasagna: Coat the bottom of a 13 by 9-inch pan with a ladle full of tomato sauce. Arrange 4 noodles lengthwise in a slightly overlapping layer on the sauce. Then, line each end of the pan with a lasagna noodle. This forms a collar that holds in the corners.
- Spread 1/2 of the meat mixture over the pasta. Dollop 1/2 of the ricotta mixture over the meat, spread to the edges with a spatula.
- Sprinkle 1/2 of the mozzarella on top of the ricotta. Top with a ladle full of tomato sauce, spread evenly. Repeat with the next layer of noodles, meat, cheeses and sauce. Top last layer with noodles, sauce and shredded mozzarella and Parmesan. Tap the pan to force out air bubbles.
- Bake in a preheated 350 degree oven for 1 hour.
- Remove from oven.
- Let lasagna rest for 30 minutes so the noodles will settle and cut easily.
- Cut into 2-inch squares and serve.

## Nutrition Facts



### Properties

Glycemic Index:33.75, Glycemic Load:14.85, Inflammation Score:-9, Nutrition Score:28.838260661001%

### Flavonoids

Apigenin: 2.71mg, Apigenin: 2.71mg, Apigenin: 2.71mg, Apigenin: 2.71mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

### Nutrients (% of daily need)

Calories: 851.25kcal (42.56%), Fat: 58.25g (89.61%), Saturated Fat: 22.83g (142.67%), Carbohydrates: 40.82g (13.61%), Net Carbohydrates: 37.23g (13.54%), Sugar: 6.71g (7.46%), Cholesterol: 167.5mg (55.83%), Sodium: 1428.81mg (62.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.26g (82.53%), Selenium: 64.11µg (91.59%), Phosphorus: 557.23mg (55.72%), Vitamin B12: 2.81µg (46.83%), Calcium: 467.1mg (46.71%), Zinc: 6.18mg (41.17%), Vitamin K: 42.28µg (40.27%), Vitamin B2: 0.55mg (32.63%), Vitamin E: 4.5mg (29.97%), Manganese: 0.6mg (29.81%), Vitamin B3: 5.71mg (28.57%), Vitamin B6: 0.55mg (27.56%), Vitamin A: 1373.62IU (27.47%), Potassium:

876.51mg (25.04%), Iron: 4.36mg (24.22%), Vitamin B1: 0.33mg (22.31%), Magnesium: 76.07mg (19.02%), Copper: 0.36mg (18.01%), Vitamin C: 12.16mg (14.74%), Fiber: 3.59g (14.36%), Vitamin B5: 1.28mg (12.81%), Folate: 43.76µg (10.94%), Vitamin D: 0.53µg (3.53%)