

Lasagna Dip



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 tablespoon basil chopped
- ☐ 1 bay leaf
- ☐ 15 ounce canned tomatoes crushed canned
- ☐ 0.5 teaspoon fennel seeds crushed
- ☐ 2 cloves garlic chopped
- ☐ 0.5 pound pd of ground turkey
- ☐ 1 teaspoon penzey's southwest seasoning italian

- ☐ 1 cup cream cheese low fat
- ☐ 1 tablespoon oil
- ☐ 1 onion diced
- ☐ 0.5 teaspoon paprika
- ☐ 1 cup partially skim mozzarella shredded
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 4 servings salt and pepper to taste
- ☐ 1 tablespoon tomato paste
- ☐ 1 cup lasagna tomato sauce (see below)

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook the turkey, add the tomato sauce and simmer until it thickens a bit, about 3–5 minutes.
- ☐ Spread the cottage cheese over the bottom of a baking dish, followed by the sauce and finally the mozzarella.
- ☐ Bake in a preheated 350F oven until the top is a light golden brown and the sides are bubbling, about 15–20 minutes.
- ☐ Heat the oil in a pan over medium heat, add the onion and cook until tender, about 5–7 minutes.
- ☐ Add the garlic, red pepper flakes, and fennel and cook until fragrant, about a minute.
- ☐ Add the tomatoes, tomato paste, Italian seasoning, bay leaf, paprika, balsamic vinegar, salt and pepper, bring to a boil, reduce the heat, simmer until until it thickens, about 5 minutes, and then mix in the basil and remove from heat.

Nutrition Facts



 **PROTEIN 50.47%**  **FAT 20.4%**  **CARBS 29.13%**

Properties

Glycemic Index:81.25, Glycemic Load:4.56, Inflammation Score:-8, Nutrition Score:21.057391488034%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 247.5kcal (12.38%), Fat: 5.85g (9%), Saturated Fat: 1g (6.27%), Carbohydrates: 18.8g (6.27%), Net Carbohydrates: 14.19g (5.16%), Sugar: 11.15g (12.38%), Cholesterol: 38.53mg (12.84%), Sodium: 1131.16mg (49.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.56g (65.12%), Phosphorus: 458.44mg (45.84%), Vitamin B6: 0.84mg (42.24%), Vitamin B3: 7.78mg (38.9%), Calcium: 377.52mg (37.75%), Selenium: 24.61µg (35.16%), Potassium: 853.16mg (24.38%), Vitamin E: 3.35mg (22.34%), Vitamin C: 17.62mg (21.35%), Vitamin B2: 0.36mg (21.01%), Manganese: 0.4mg (20.04%), Vitamin A: 962.71IU (19.25%), Zinc: 2.88mg (19.23%), Fiber: 4.61g (18.44%), Copper: 0.37mg (18.32%), Iron: 3.16mg (17.55%), Magnesium: 67.81mg (16.95%), Vitamin K: 16.59µg (15.8%), Vitamin B12: 0.9µg (15.08%), Vitamin B5: 1.17mg (11.68%), Vitamin B1: 0.17mg (11.25%), Folate: 40.99µg (10.25%), Vitamin D: 0.23µg (1.51%)