



Lasagna "with a Bit of a Bite

READY IN



150 min.

SERVINGS



6

CALORIES



882 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 125 g bacon smoked diced
- 650 g beef minced
- 1 beef bouillon cubes
- 60 g butter
- 125 g mushrooms
- 400 g canned tomatoes canned chopped
- 100 g cheddar cheese grated
- 0.1 teaspoon chilies dried
- 0.3 cup flour

- 1 garlic clove crushed
- 9 sheets lasagne pasta sheets
- 2 cups milk
- 75 g mozzarella cheese fine
- 1 tablespoon cooking oil
- 1 large onion
- 0.5 teaspoon oregano dried
- 75 g parmesan fine
- 6 servings salt and pepper to taste
- 1 teaspoon penzey's southwest seasoning dried italian
- 2 tablespoons tomato purée

Equipment

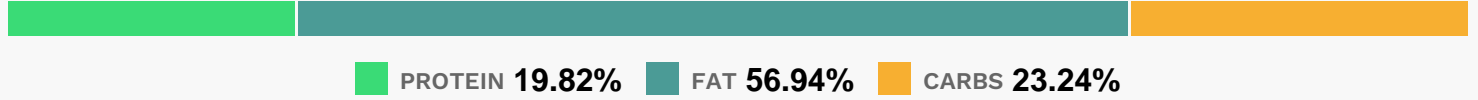
- sauce pan
- oven

Directions

- For the Meat Sauce. Peel and chop the onions and mushrooms. Slightly blend the tomatoes with the juice. set to one side.
- Place the oil in a medium size saucepan, heat and add the Onion, Garlic, Bacon and Mushrooms stirring for 4-5 minutes.
- Add the meat and stir with a fork until it loses its pinkness. Season and add the Oregano, Italian Herbs, Chili and 1 tablespoon Tomato puree, stock cubes and the blended tomatoes. Simmer for 45 minutes or slightly longer until it thickens; set aside to cool. For the White sauce. Melt the butter in a saucepan but don't let it heat up, mix the flour with some of the milk, carefully to avoid any lumps, add to the saucepan, with the remaining milk. Season and stir constantly on low heat until it thickens, stir in the grated cheese.
- Mix remaining Tomato Puree, with a little water, to make a thinner paste and spread over the bottom of a lasagna dish. Cover with 3 sheets of lasagna pasta. Divide the meat sauce into 2 portions, spreading over the pasta, over with a third of the white sauce, place another three sheets of pasta over, and repeat the process.

- Add remaining pasta on the top, spread the remaining third of the white sauce over the top and sprinkle on the mozzarella and parmesan cheese.
- Bake in the oven on 180C for approximately 45 minutes.
- Serve with salads.

Nutrition Facts



Properties

Glycemic Index:70.5, Glycemic Load:20.27, Inflammation Score:-8, Nutrition Score:30.567825814952%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg

Nutrients (% of daily need)

Calories: 881.54kcal (44.08%), Fat: 55.74g (85.76%), Saturated Fat: 25.01g (156.3%), Carbohydrates: 51.19g (17.06%), Net Carbohydrates: 47.2g (17.16%), Sugar: 10.19g (11.32%), Cholesterol: 156.99mg (52.33%), Sodium: 1141.74mg (49.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.65g (87.29%), Selenium: 63.44µg (90.63%), Phosphorus: 632.45mg (63.25%), Vitamin B12: 3.51µg (58.42%), Calcium: 509.06mg (50.91%), Zinc: 7.46mg (49.75%), Vitamin B3: 8.44mg (42.2%), Vitamin B2: 0.64mg (37.69%), Vitamin B6: 0.72mg (36.13%), Manganese: 0.69mg (34.57%), Potassium: 933.67mg (26.68%), Iron: 4.75mg (26.41%), Vitamin B1: 0.34mg (22.65%), Magnesium: 89.32mg (22.33%), Copper: 0.44mg (21.97%), Vitamin A: 953.59IU (19.07%), Vitamin B5: 1.89mg (18.95%), Vitamin E: 2.57mg (17.14%), Fiber: 3.99g (15.97%), Vitamin K: 15.6µg (14.86%), Folate: 53.57µg (13.39%), Vitamin C: 9.2mg (11.15%), Vitamin D: 1.34µg (8.94%)