

Latina Lasagna

READY IN



108 min.

SERVINGS



8

CALORIES



774 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 oz chiles green chopped canned
- ☐ 1.5 pounds chorizo sausage fresh
- ☐ 2 large eggs lightly beaten
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 12 no-boil lasagna noodles
- ☐ 15 oz ricotta cheese
- ☐ 16 oz mexican four-cheese blend shredded
- ☐ 48 oz tomato-and-basil pasta sauce
- ☐ 1 cup whipping cream

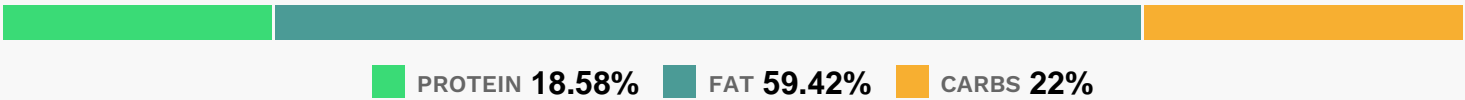
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat oven to 37
- ☐ Cook sausage in a Dutch oven over medium heat 8 to 10 minutes or until meat is no longer pink, breaking sausage into pieces while cooking.
- ☐ Drain; return sausage to Dutch oven. Reduce heat to medium-low. Stir in pasta sauce, cilantro, and chiles; cook, stirring often, 5 minutes.
- ☐ Stir together ricotta cheese, whipping cream, and eggs until smooth.
- ☐ Spoon 1 cup sauce mixture into a lightly greased 13- x 9-inch pan. Top with 4 lasagna noodles. Top with half of ricotta cheese mixture, one-third of shredded Mexican cheese blend, and one-third of remaining sauce mixture. Repeat layers once, beginning with noodles. Top with remaining 4 noodles, sauce mixture, and shredded cheese blend. Cover with aluminum foil.
- ☐ Bake at 375 for 45 minutes. Uncover and bake 15 minutes or until golden and bubbly.
- ☐ Let stand 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.44, Inflammation Score:-9, Nutrition Score:17.120000341664%

Flavonoids

Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 774.35kcal (38.72%), Fat: 50.75g (78.07%), Saturated Fat: 28.8g (179.98%), Carbohydrates: 42.29g (14.1%), Net Carbohydrates: 35.56g (12.93%), Sugar: 14.5g (16.12%), Cholesterol: 233.15mg (77.72%), Sodium: 1119.24mg

(48.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.7g (71.39%), Calcium: 588.97mg (58.9%), Vitamin A: 2719.22IU (54.38%), Phosphorus: 377.05mg (37.7%), Vitamin C: 29.76mg (36.08%), Selenium: 21.01µg (30.01%), Fiber: 6.73g (26.94%), Vitamin B2: 0.41mg (23.83%), Potassium: 787.36mg (22.5%), Vitamin B12: 1.04µg (17.28%), Zinc: 2.58mg (17.2%), Iron: 2.95mg (16.37%), Vitamin K: 9.19µg (8.75%), Folate: 30.67µg (7.67%), Vitamin D: 1.12µg (7.44%), Magnesium: 24.76mg (6.19%), Vitamin B6: 0.11mg (5.56%), Vitamin B5: 0.55mg (5.47%), Vitamin E: 0.66mg (4.37%), Vitamin B1: 0.03mg (2.26%), Copper: 0.04mg (2.11%), Manganese: 0.03mg (1.4%), Vitamin B3: 0.27mg (1.35%)