



Layered Zucchini Ragu Bake

READY IN



110 min.

SERVINGS



10

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb zucchini (9)
- 2.5 teaspoons salt
- 2 lb baking potatoes
- 1.5 lb ground beef 80% lean (at least)
- 2 cups onion chopped
- 0.3 cup wine dry red
- 1 cup canned tomatoes crushed undrained (from 28-oz can)
- 2 tablespoons tomato paste
- 0.5 teaspoon pepper freshly ground

- 6 tablespoons butter
- 6 tablespoons flour all-purpose
- 3 cups milk
- 2 teaspoons rosemary leaves fresh chopped
- 4 cloves garlic finely chopped
- 8 oz parmesan shredded

Equipment

- frying pan
- paper towels
- sauce pan
- oven
- baking pan
- microwave
- glass baking pan

Directions

- Heat oven to 425°F. Spray two 17x12-inch half-sheet pans with cooking spray.
- Place zucchini in single layer in pans.
- Sprinkle with 1/2 teaspoon of the salt.
- Bake 20 minutes or until almost tender. Reduce oven temperature to 375°F.
- Meanwhile, pierce potatoes with fork.
- Place potatoes on microwavable paper towel in microwave oven. Microwave uncovered on High 6 minutes or until partially cooked. Cool 10 minutes. Peel and thinly slice potatoes; set aside.
- In 12-inch nonstick skillet, cook beef and onions over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked; drain. Stir in wine, tomatoes, tomato paste, 1 teaspoon salt and 1/4 teaspoon of the pepper.
- Heat to boiling; reduce heat to low. Simmer uncovered 7 minutes, stirring occasionally, until most of liquid is absorbed.

- In 2-quart saucepan, melt butter over medium–low heat. Stir in flour and remaining 1 teaspoon salt and 1/4 teaspoon pepper. Cook, stirring constantly, until mixture is smooth and bubbly. Gradually add milk, stirring constantly, until mixture boils and thickens. Stir in rosemary and garlic.
- Spray 13x9–inch (3–quart) glass baking dish with cooking spray.
- Spread half of the meat sauce in baking dish. Top with potato slices.
- Place half of the zucchini slices over potatoes; sprinkle with 1/2 cup of the cheese. Repeat layers with remaining meat sauce, remaining zucchini and 1/2 cup cheese.
- Pour white sauce over top.
- Sprinkle with remaining 1 cup cheese.
- Bake uncovered 45 to 55 minutes or until top is golden brown.
- Let stand 10 minutes before serving.

Nutrition Facts



PROTEIN 21.43% **FAT 51.67%** **CARBS 26.9%**

Properties

Glycemic Index:41.17, Glycemic Load:18.8, Inflammation Score:-8, Nutrition Score:24.243913070015%

Flavonoids

Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 1.57mg, Malvidin: 1.57mg, Malvidin: 1.57mg, Malvidin: 1.57mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg

Nutrients (% of daily need)

Calories: 507.43kcal (25.37%), Fat: 29.25g (45%), Saturated Fat: 11.88g (74.26%), Carbohydrates: 34.26g (11.42%), Net Carbohydrates: 30.41g (11.06%), Sugar: 10.5g (11.67%), Cholesterol: 72.51mg (24.17%), Sodium: 1171.56mg (50.94%), Alcohol: 0.63g (100%), Alcohol %: 0.17% (100%), Protein: 27.3g (54.6%), Phosphorus: 468.91mg (46.89%), Vitamin B6: 0.92mg (45.97%), Calcium: 427.35mg (42.73%), Vitamin C: 35.22mg (42.69%), Vitamin B12: 2.13µg (35.53%), Potassium: 1212.64mg (34.65%), Zinc: 4.65mg (31.03%), Vitamin B2: 0.49mg (28.7%), Manganese: 0.56mg (27.9%), Selenium: 19.51µg (27.87%), Vitamin B3: 5.28mg (26.38%), Magnesium: 86.82mg (21.7%), Iron:

3.51mg (19.51%), Vitamin A: 971.95IU (19.44%), Vitamin B1: 0.29mg (19.21%), Folate: 69.71µg (17.43%), Fiber: 3.85g (15.4%), Copper: 0.3mg (14.77%), Vitamin B5: 1.41mg (14.15%), Vitamin K: 11.29µg (10.75%), Vitamin E: 1.25mg (8.33%), Vitamin D: 0.99µg (6.58%)