



Lisa's Best-Ever Lasagna

READY IN



45 min.

SERVINGS



8

CALORIES



803 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7.6 oz olives black drained sliced canned
- ☐ 14.5 oz canned tomatoes diced drained canned
- ☐ 16 oz lasagna noodles cooked
- ☐ 1 clove garlic minced
- ☐ 12 ounces monterrey jack cheese shredded
- ☐ 1 onion diced
- ☐ 1 teaspoon oregano dried
- ☐ 1 cup parmesan cheese grated
- ☐ 8 ounces provolone cheese shredded

- ☐ 1 bell pepper red chopped
- ☐ 24 ounces mozzarella cheese shredded
- ☐ 48 oz spaghetti sauce
- ☐ 0.3 cup sugar
- ☐ 10.8 oz tomato purée canned
- ☐ 1 bell pepper yellow chopped

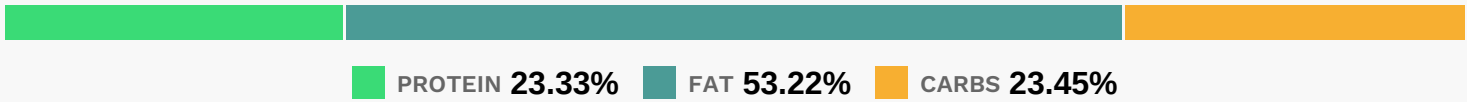
Equipment

- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Combine first 10 ingredients in a large stockpot over medium heat.
- ☐ Simmer one hour.
- ☐ Mix together cheeses; set aside. Spray two 13"x9" baking pans with non-stick vegetable spray.
- ☐ Spread a thin layer of sauce mixture in pans.
- ☐ Layer lasagna noodles, sauce and cheese. Repeat layers for a total of 3 layers.
- ☐ Bake at 350 degrees for 30 to 40 minutes or until golden and bubbly. Each casserole serves 8 to

Nutrition Facts



Properties

Glycemic Index:51.82, Glycemic Load:18.36, Inflammation Score:-10, Nutrition Score:36.03434753418%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin:

2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 802.65kcal (40.13%), Fat: 48.47g (74.56%), Saturated Fat: 26.87g (167.93%), Carbohydrates: 48.04g (16.01%), Net Carbohydrates: 41.08g (14.94%), Sugar: 19.17g (21.3%), Cholesterol: 135.47mg (45.16%), Sodium: 2559.96mg (111.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.8g (95.6%), Calcium: 1154.33mg (115.43%), Phosphorus: 830.63mg (83.06%), Vitamin C: 67.61mg (81.96%), Selenium: 46.11µg (65.87%), Vitamin A: 2794.33IU (55.89%), Vitamin B12: 2.87µg (47.91%), Vitamin B2: 0.73mg (43.17%), Zinc: 6.23mg (41.53%), Vitamin E: 5.31mg (35.42%), Manganese: 0.64mg (32.14%), Potassium: 1052.6mg (30.07%), Fiber: 6.95g (27.82%), Iron: 4.8mg (26.67%), Vitamin B6: 0.52mg (26.25%), Magnesium: 103.1mg (25.77%), Copper: 0.51mg (25.53%), Vitamin B3: 3.56mg (17.8%), Folate: 62.84µg (15.71%), Vitamin K: 16.08µg (15.32%), Vitamin B5: 1.32mg (13.22%), Vitamin B1: 0.19mg (12.35%), Vitamin D: 0.8µg (5.33%)