



Meatball Lasagna

READY IN



580 min.

SERVINGS



8

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 26 oz pasta sauce (any variety)
- 14.5 oz tomatoes diced italian with herbs, undrained canned
- 12 oz meatballs frozen italian-style thawed cut in half
- 1.5 cups bell pepper frozen thawed drained (from 1-lb bag)
- 15 oz ricotta cheese
- 1 eggs beaten
- 2 tablespoons basil fresh chopped
- 8 lasagne pasta sheets uncooked
- 12 oz mozzarella cheese shredded

1 oz parmesan shredded

Equipment

bowl

oven

baking pan

aluminum foil

glass baking pan

Directions

Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In large bowl, mix pasta sauce and tomatoes. Reserve 1/2 cup tomato mixture. Stir meatballs and stir-fry vegetables into remaining tomato mixture.

In medium bowl, mix ricotta cheese, egg and basil.

Spoon reserved 1/2 cup tomato mixture over bottom of baking dish. Top with 4 noodles. Top with about half of the ricotta mixture and half of the meatball mixture.

Layer with remaining 4 noodles, remaining ricotta mixture, 1 cup mozzarella cheese and remaining meatball mixture.

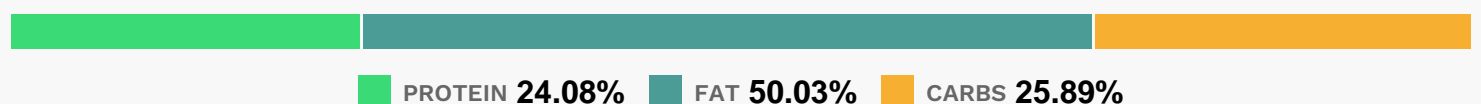
Sprinkle with remaining 2 cups mozzarella cheese and the Parmesan cheese. Spray sheet of foil with cooking spray; cover baking dish with foil. Refrigerate 8 hours or overnight.

Heat oven to 350°F.

Bake covered lasagna 45 minutes. Uncover; bake 15 to 20 minutes longer or until bubbly, edges are golden brown and cheese is melted.

Let stand 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:11.06, Inflammation Score:-9, Nutrition Score:23.896086879399%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 495.76kcal (24.79%), Fat: 27.71g (42.62%), Saturated Fat: 14.24g (89.02%), Carbohydrates: 32.25g (10.75%), Net Carbohydrates: 28.87g (10.5%), Sugar: 7.06g (7.84%), Cholesterol: 114.19mg (38.06%), Sodium: 912.69mg (39.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30g (60%), Selenium: 46.21µg (66.02%), Vitamin C: 47.38mg (57.43%), Phosphorus: 439.53mg (43.95%), Calcium: 413.32mg (41.33%), Vitamin A: 1944.52IU (38.89%), Vitamin B2: 0.49mg (28.82%), Vitamin B1: 0.42mg (28.01%), Vitamin B12: 1.54µg (25.66%), Zinc: 3.71mg (24.7%), Vitamin B6: 0.48mg (24.16%), Manganese: 0.45mg (22.72%), Potassium: 714.13mg (20.4%), Vitamin B3: 3.99mg (19.95%), Vitamin E: 2.36mg (15.71%), Magnesium: 62.64mg (15.66%), Iron: 2.77mg (15.4%), Fiber: 3.39g (13.55%), Copper: 0.27mg (13.45%), Folate: 44.95µg (11.24%), Vitamin B5: 1.11mg (11.13%), Vitamin K: 9.18µg (8.74%), Vitamin D: 0.4µg (2.69%)