



## Mexican Lasagna

READY IN



80 min.

SERVINGS



8

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 10 lasagne pasta sheets uncooked
- 1 pound ground beef lean
- 4 ounces monterrey jack cheese shredded
- 0.5 cup onion chopped
- 1 teaspoon to 5 chilies red
- 15 ounces ricotta cheese
- 24 ounces salsa (any variety)

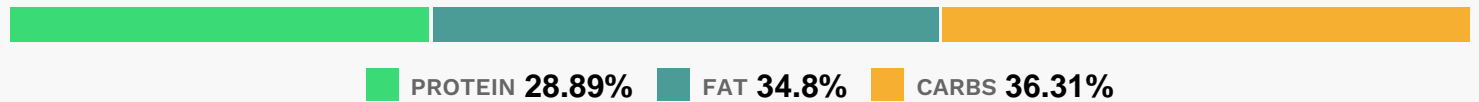
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Heat oven to 375F. Cook and drain noodles as directed on package.
- Cook beef, onion, cilantro and red chilies in 10-inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain.
- Place 5 of the noodles in bottom of ungreased rectangular baking dish, 13x9x2 inches.
- Layer with 1 1/2 cups of the beef mixture, 1 cup of the ricotta cheese and 1 1/4 cups of the salsa. Repeat with remaining noodles, beef mixture, ricotta cheese and salsa.
- Sprinkle with Monterey Jack cheese.
- Bake uncovered 35 to 40 minutes or until hot.
- Let stand 10 minutes before cutting.

## Nutrition Facts



## Properties

Glycemic Index:25, Glycemic Load:11.2, Inflammation Score:-6, Nutrition Score:16.97695646597%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

## Nutrients (% of daily need)

Calories: 381.92kcal (19.1%), Fat: 14.73g (22.67%), Saturated Fat: 8.51g (53.2%), Carbohydrates: 34.59g (11.53%), Net Carbohydrates: 31.74g (11.54%), Sugar: 4.85g (5.39%), Cholesterol: 74.88mg (24.96%), Sodium: 727.83mg (31.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.52g (55.04%), Selenium: 42.57µg (60.82%), Phosphorus: 355.96mg (35.6%), Zinc: 4.61mg (30.75%), Vitamin B12: 1.57µg (26.14%), Calcium: 254.76mg (25.48%), Vitamin B3:

4.76mg (23.78%), Vitamin B6: 0.47mg (23.58%), Manganese: 0.44mg (22.18%), Vitamin B2: 0.3mg (17.79%), Potassium: 580.17mg (16.58%), Vitamin A: 793.67IU (15.87%), Iron: 2.5mg (13.9%), Magnesium: 54.73mg (13.68%), Fiber: 2.84g (11.38%), Copper: 0.22mg (11.08%), Vitamin E: 1.35mg (8.99%), Vitamin B5: 0.85mg (8.46%), Vitamin B1: 0.1mg (6.6%), Vitamin K: 6.39µg (6.09%), Folate: 23.82µg (5.96%), Vitamin C: 3.39mg (4.11%), Vitamin D: 0.25µg (1.65%)