

Mexican Lasagna

READY IN



120 min.

SERVINGS



12

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounce olives black sliced canned
- ☐ 1 pound extra-lean ground beef
- ☐ 0.8 teaspoon garlic powder
- ☐ 0.8 cup green onions chopped
- ☐ 1 teaspoon ground cumin
- ☐ 12 lasagna noodles dry
- ☐ 2 teaspoons oregano dried
- ☐ 1 cup pepper jack cheese shredded
- ☐ 16 ounce refried beans canned

- ☐ 2.5 cups salsa
- ☐ 2 cups cup heavy whipping cream sour
- ☐ 2.5 cups water

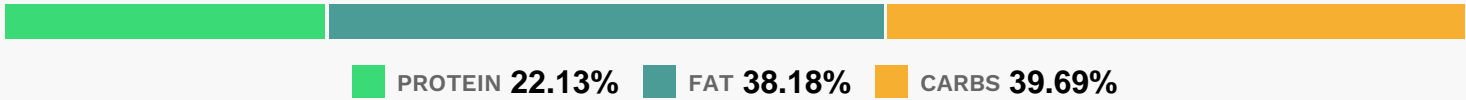
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ In a large skillet, cook the ground beef over medium-high heat until evenly brown.
- ☐ Drain off excess fat. In a large bowl, combine the cooked beef, refried beans, oregano, cumin and garlic powder.
- ☐ Place four of the uncooked lasagna noodles in the bottom of a 9x13 inch baking dish.
- ☐ Spread half of the beef mixture over the noodles. Top with 4 more uncooked noodles and the remaining half of the beef mixture. Cover with remaining noodles.
- ☐ Combine the water and the salsa in a medium bowl, and pour over all.
- ☐ Cover tightly with foil.
- ☐ Bake at 350 degrees F (175 degrees C) for 1 1/2 hours, or until noodles are tender.
- ☐ In a medium bowl, combine the sour cream, green onions and olives. Spoon over casserole, and top with shredded cheese. Return to the oven, and bake for an additional 5 to 10 minutes, or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:12.92, Glycemic Load:9.51, Inflammation Score:-7, Nutrition Score:12.831304420596%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 318.7kcal (15.94%), Fat: 13.49g (20.76%), Saturated Fat: 6.72g (41.97%), Carbohydrates: 31.57g (10.52%), Net Carbohydrates: 27.62g (10.04%), Sugar: 5.3g (5.89%), Cholesterol: 54.43mg (18.14%), Sodium: 745.34mg (32.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.6g (35.19%), Selenium: 27.69µg (39.56%), Phosphorus: 220.64mg (22.06%), Zinc: 2.89mg (19.27%), Manganese: 0.36mg (18.05%), Vitamin K: 18.31µg (17.44%), Vitamin B12: 1.01µg (16.76%), Vitamin B3: 3.27mg (16.36%), Calcium: 161.35mg (16.13%), Vitamin B6: 0.32mg (15.95%), Fiber: 3.95g (15.81%), Vitamin A: 691.27IU (13.83%), Iron: 2.29mg (12.7%), Vitamin B2: 0.2mg (12%), Potassium: 417.17mg (11.92%), Magnesium: 41.57mg (10.39%), Copper: 0.18mg (8.92%), Vitamin E: 1.25mg (8.33%), Vitamin B5: 0.63mg (6.32%), Vitamin B1: 0.08mg (5.04%), Folate: 18.13µg (4.53%), Vitamin C: 2.57mg (3.12%)