



Mexican Lasagna by Campbell's Kitchen

READY IN



65 min.

SERVINGS



6

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon chili powder
- 10.8 ounce campbell's® condensed cream of mushroom soup healthy request® canned
- 10.8 ounce campbell's® condensed tomato soup healthy request® canned
- 4 lasagna noodles cooked drained
- 0.8 pound ground beef 80% lean ()
- 0.5 cup cheddar cheese shredded reduced-fat
- 0.5 cup nonfat milk
- 1 medium onion chopped

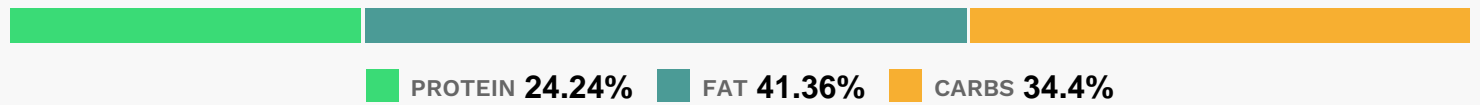
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Stir the mushroom soup and milk in a small bowl until the mixture is smooth.
- Cook the beef, onion and chili powder in a 3-quart saucepan over medium-high heat until the beef is well browned, stirring often to separate meat.
- Pour off any fat.
- Stir the tomato soup in the saucepan and cook until the mixture is hot and bubbling.
- Layer half the beef mixture, 2 lasagna noodles and half the mushroom soup mixture in an 8-inch square baking dish, trimming the noodles to fit the dish, if needed. Repeat the layers.
- Sprinkle with the cheese.
- Bake at 400 degrees F. for 30 minutes or until the filling is hot and the cheese is melted.
- Let stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:24.21, Glycemic Load:8.97, Inflammation Score:-6, Nutrition Score:12.591304426608%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 306.05kcal (15.3%), Fat: 14.04g (21.6%), Saturated Fat: 5.55g (34.68%), Carbohydrates: 26.27g (8.76%), Net Carbohydrates: 24.11g (8.77%), Sugar: 6.36g (7.06%), Cholesterol: 45.39mg (15.13%), Sodium: 678.6mg (29.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.51g (37.02%), Selenium: 22.73µg (32.47%), Vitamin B12: 1.46µg (24.32%), Zinc: 3.58mg (23.84%), Phosphorus: 220mg (22%), Manganese: 0.4mg (20.22%), Vitamin B3: 3.65mg (18.27%), Potassium: 613.22mg (17.52%), Vitamin B6: 0.33mg (16.64%), Iron: 2.58mg (14.31%), Vitamin A: 655.95IU (13.12%), Vitamin B2: 0.19mg (11.47%), Copper: 0.22mg (11.22%), Calcium: 96.29mg (9.63%), Vitamin C: 7.92mg (9.6%), Magnesium: 35.28mg (8.82%), Fiber: 2.16g (8.62%), Vitamin E: 0.95mg (6.31%), Vitamin B1: 0.09mg (5.88%), Vitamin B5: 0.55mg (5.5%), Vitamin K: 4.19µg (3.99%), Folate: 15.63µg (3.91%), Vitamin D: 0.29µg (1.94%)