



## Minced Lamb Bake

READY IN



60 min.

SERVINGS



4

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon butter
- 1 cup cheddar cheese grated
- 1 eggs beaten
- 4 teaspoons flour all-purpose
- 4 mushrooms fresh sliced
- 0.5 pound lamb
- 2 cups bottled marinara sauce
- 1 cup milk
- 2 tablespoons olive oil

- 1 medium onion finely chopped
- 1 cup shells dried cooked

## Equipment

- sauce pan
- oven
- whisk
- baking pan
- wok

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Heat the olive oil in a wok over medium heat, add the onion and fry until soft and tender. Stir in the lamb and mushrooms; cook until the meat has browned, stirring occasionally to break up the meat.
- Pour in the marinara sauce and bring to a simmer. Stir in the cooked pasta, then pour into an ovenproof baking dish.
- Melt the butter in a small saucepan over low heat.
- Pour in the flour and mix well.
- Pour in the milk, increase the heat to medium, and cook until thickened. Stir 1/4 cup of the thickened milk into the egg, about a tablespoon at a time to temper the egg, then pour the egg into the remaining sauce and whisk together.
- Spread this white sauce over the pasta and sprinkle with cheese.
- Bake in preheated oven until browned and crispy, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:85.63, Glycemic Load:9.77, Inflammation Score:-7, Nutrition Score:20.433478355408%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

## **Nutrients (% of daily need)**

Calories: 501.75kcal (25.09%), Fat: 34.67g (53.35%), Saturated Fat: 14.42g (90.13%), Carbohydrates: 24.9g (8.3%), Net Carbohydrates: 21.75g (7.91%), Sugar: 9.18g (10.2%), Cholesterol: 120.57mg (40.19%), Sodium: 848.3mg (36.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.85g (47.7%), Selenium: 35.19µg (50.28%), Phosphorus: 381.35mg (38.14%), Vitamin B12: 2.05µg (34.11%), Vitamin B2: 0.56mg (33.08%), Calcium: 317.01mg (31.7%), Vitamin B3: 5.68mg (28.41%), Zinc: 3.96mg (26.42%), Vitamin E: 3.3mg (22%), Potassium: 738.69mg (21.11%), Vitamin A: 1003.5IU (20.07%), Vitamin B6: 0.34mg (16.99%), Iron: 3mg (16.66%), Vitamin B5: 1.64mg (16.4%), Copper: 0.33mg (16.28%), Manganese: 0.31mg (15.67%), Magnesium: 57.41mg (14.35%), Vitamin C: 11.03mg (13.37%), Vitamin B1: 0.19mg (12.64%), Fiber: 3.14g (12.58%), Folate: 46.93µg (11.73%), Vitamin K: 10.78µg (10.27%), Vitamin D: 1.16µg (7.71%)