

 **52%**  
HEALTH SCORE

## Mom's Lasagna

READY IN

**170 min.**

SERVINGS

**6**

CALORIES

**1497 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 bay leaves
- 28 ounce canned tomatoes with their juice canned
- 0.5 cup cooking wine dry white
- 2 large eggs
- 0.3 cup basil leaves fresh chopped
- 0.3 cup flat-leaf parsley fresh chopped
- 1 pound mozzarella cheese fresh grated
- 4 garlic cloves minced
- 1 pound ground beef

- 1 pound ground veal
- 1 pinch kosher salt and pepper black freshly ground
- 1 pound lasagna noodles dried
- 0.5 cup olive oil
- 1 onion diced
- 0.3 cup oregano leaves fresh chopped
- 0.5 cup parmesan grated plus more for final topping
- 1 pound pork neck bones
- 2 pounds milk ricotta cheese whole
- 1 pound removed from casings italian

## Equipment

- bowl
- frying pan
- ladle
- oven
- pot
- wooden spoon
- aluminum foil
- spatula
- dutch oven

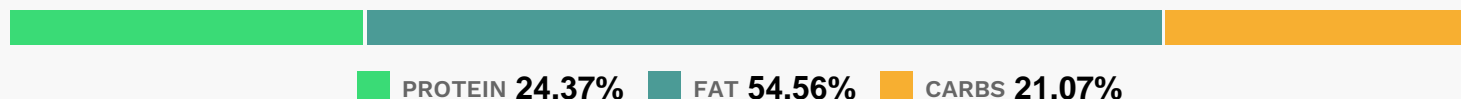
## Directions

- In a large Dutch oven or heavy pot, heat the olive oil over medium heat.
- Add the onion, garlic, and a three-finger pinch of salt and sweat them until they're translucent, about 2 minutes.
- Add the neck bones and let them brown, about 5 minutes.
- Add the ground veal, beef and sausage, and season with another healthy pinch of salt. Cook until the meat is browned, about 10 minutes. Stir in the white wine, tomatoes and their juice,

and the bay leaves. Scrape the bottom of the pot with a wooden spoon, making sure to get all of the browned bits into the sauce. Season the sauce with salt, to taste, and simmer for 2 hours over medium heat.

- Remove the bay leaves and neck bones and let cool. Skim any fat that rises to the surface.
- Bring a large pot of water to a boil over medium heat.
- Add enough salt so that it tastes seasoned and allow the water to return to a boil.
- Add the noodles and cook until al dente.
- Drain well and set aside.
- In a medium bowl mix together the ricotta, parsley, basil, oregano, eggs, and Parmesan with a pinch of salt.
- Preheat the oven to 350 degrees F.
- Ladle about 1 cup of sauce on the bottom of a lasagna pan. Arrange a layer of noodles followed by a layer of sauce and then some of the ricotta mixture. Top with a layer of mozzarella, smoothing it with a spatula to the edges. Repeat the process until the pan is full. Finish with a final layer of noodles, sauce, the mozzarella, and Parmesan.
- Cover the lasagna with aluminum foil and bake for 1 hour. Uncover and bake for 30 minutes.
- Remove the pan from the oven and let it rest, 5 to 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:66.67, Glycemic Load:28, Inflammation Score:-10, Nutrition Score:52.472173981045%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

## Nutrients (% of daily need)

Calories: 1496.75kcal (74.84%), Fat: 89.44g (137.6%), Saturated Fat: 41.61g (260.05%), Carbohydrates: 77.72g (25.91%), Net Carbohydrates: 71.47g (25.99%), Sugar: 10.25g (11.39%), Cholesterol: 377.62mg (125.87%), Sodium: 1606.71mg (69.86%), Alcohol: 2.06g (100%), Alcohol %: 0.32% (100%), Protein: 89.91g (179.81%), Selenium: 127.04µg (181.49%), Phosphorus: 1179.83mg (117.98%), Vitamin B12: 5.8µg (96.75%), Calcium: 949.35mg (94.93%), Zinc: 12.82mg (85.49%), Vitamin B3: 14.69mg (73.44%), Vitamin B2: 1.19mg (70.23%), Vitamin K: 72.01µg (68.58%), Vitamin B6: 1.3mg (64.89%), Manganese: 1.25mg (62.33%), Vitamin B1: 0.76mg (50.76%), Iron: 8.04mg (44.67%), Potassium: 1528.03mg (43.66%), Magnesium: 157.22mg (39.3%), Vitamin A: 1923.47IU (38.47%), Copper: 0.74mg (36.94%), Vitamin B5: 3.25mg (32.45%), Fiber: 6.25g (24.99%), Vitamin E: 3.66mg (24.42%), Folate: 96.85µg (24.21%), Vitamin C: 19.23mg (23.31%), Vitamin D: 1.06µg (7.04%)