



Mummy Wrap Lasagna

READY IN



90 min.

SERVINGS



12

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 lasagne pasta sheets uncooked
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.5 lb sausage meat italian
- ☐ 0.5 cup onion chopped
- ☐ 25.5 oz tomato basil sauce
- ☐ 14.5 oz canned tomatoes diced with basil and garlic, undrained organic canned
- ☐ 16 oz cream cheese softened
- ☐ 8 oz cream sour
- ☐ 16 oz mozzarella cheese shredded

- ☐ 1 eggs
- ☐ 1 teaspoon pepper red crushed

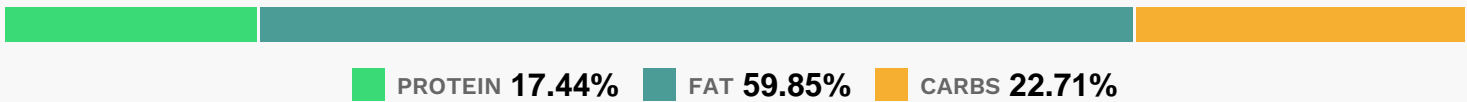
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Cook and drain noodles as directed on package.
- ☐ Meanwhile, in 12-inch nonstick skillet, cook beef, sausage and onion over medium-high heat 15 minutes, stirring occasionally, until beef is thoroughly cooked; drain. Stir in pasta sauce and tomatoes.
- ☐ Heat to boiling, stirring occasionally. Reduce heat to low; simmer uncovered 10 minutes.
- ☐ In large bowl, mix cream cheese, sour cream, 1 cup of the mozzarella cheese, the egg and pepper flakes.
- ☐ In ungreased 14x10-inch lasagna pan, spread about 1 cup of the meat sauce. Top with 4 cooked noodles, half of the cream cheese mixture and 1 cup of the meat sauce.
- ☐ Sprinkle with 1 cup of the mozzarella cheese. Repeat with 4 noodles, remaining half of cream cheese mixture, 1 1/2 cups of the meat sauce and 1 cup of the mozzarella cheese. Top with remaining noodles and meat sauce.
- ☐ Sprinkle with remaining 1 cup mozzarella cheese.
- ☐ Bake uncovered 30 to 35 minutes or until bubbly and cheese is melted.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:10.03, Inflammation Score:-7, Nutrition Score:16.99739140013%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 603.18kcal (30.16%), Fat: 40.04g (61.59%), Saturated Fat: 19.52g (122.02%), Carbohydrates: 34.19g (11.4%), Net Carbohydrates: 30.55g (11.11%), Sugar: 9.36g (10.4%), Cholesterol: 133.27mg (44.42%), Sodium: 788.7mg (34.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.24g (52.49%), Selenium: 35.14µg (50.2%), Phosphorus: 347.43mg (34.74%), Vitamin B12: 1.99µg (33.11%), Calcium: 296.09mg (29.61%), Vitamin A: 1399.55IU (27.99%), Zinc: 3.9mg (25.99%), Vitamin B2: 0.36mg (21.14%), Potassium: 624.81mg (17.85%), Manganese: 0.35mg (17.71%), Vitamin B3: 3.5mg (17.51%), Vitamin B6: 0.33mg (16.58%), Fiber: 3.65g (14.58%), Iron: 2.43mg (13.5%), Magnesium: 44.97mg (11.24%), Copper: 0.2mg (10.02%), Vitamin B1: 0.15mg (9.86%), Vitamin B5: 0.93mg (9.31%), Vitamin C: 6.84mg (8.29%), Vitamin E: 1.22mg (8.15%), Folate: 22.55µg (5.64%), Vitamin K: 4.76µg (4.53%), Vitamin D: 0.51µg (3.39%)