

## Pesto Beef Lasagna

READY IN



30 min.

SERVINGS



10

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 eggs lightly beaten
- ☐ 1 cup basil fresh chopped
- ☐ 1 clove garlic
- ☐ 1.5 pounds ground beef
- ☐ 0.3 teaspoon coarsely ground pepper
- ☐ 9 lasagna noodles uncooked
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 cup pinenuts
- ☐ 2 cups ricotta cheese

- ☐ 12 ounces mozzarella cheese shredded divided
- ☐ 30 ounce spaghetti sauce
- ☐ 8 ounce sun-dried tomatoes undrained in oil

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan

## Directions

- ☐ Cook lasagna noodles according to package directions.
- ☐ Combine ricotta cheese, eggs, and pepper; stir well with a wire whisk, and set aside.
- ☐ Drain tomatoes, reserving 1/3 cup oil and 1/2 cup tomatoes. Reserve remaining tomatoes for another use. Position knife blade in food processor bowl, and add 1/2 cup tomatoes, basil, and next 3 ingredients; process until smooth. With processor running, pour reserved 1/3 cup oil through food chute in a slow, steady stream; process until blended. Fold basil mixture (pesto) into ricotta mixture.
- ☐ Cook ground beef in a large skillet over medium heat until browned, stirring until meat crumbles; drain. Stir in spaghetti sauce. Spoon one-third of meat mixture into a greased 13- x 9- x 2-inch baking dish. Arrange 3 cooked lasagna noodles over meat mixture.
- ☐ Spread half of pesto over noodles, and sprinkle with 1/2 cup mozzarella cheese. Repeat layers once. Top with remaining 3 noodles and remaining meat mixture.
- ☐ Cover and bake at 350 for 25 minutes. Uncover and sprinkle with remaining 2 cups mozzarella cheese.
- ☐ Bake, uncovered, an additional 5 minutes or until cheese melts.
- ☐ Let stand 10 minutes; serve.

## Nutrition Facts



 PROTEIN **22.17%**  FAT **56.47%**  CARBS **21.36%**

Properties

Glycemic Index:27.3, Glycemic Load:9.68, Inflammation Score:-8, Nutrition Score:26.57652188384%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 603.58kcal (30.18%), Fat: 38.35g (59%), Saturated Fat: 15.73g (98.29%), Carbohydrates: 32.64g (10.88%), Net Carbohydrates: 28.93g (10.52%), Sugar: 4.47g (4.97%), Cholesterol: 137.56mg (45.85%), Sodium: 865.81mg (37.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.88g (67.75%), Selenium: 44.85µg (64.07%), Manganese: 1.09mg (54.38%), Phosphorus: 498.23mg (49.82%), Vitamin B12: 2.55µg (42.44%), Zinc: 5.92mg (39.47%), Calcium: 369.8mg (36.98%), Vitamin C: 29.62mg (35.9%), Vitamin B2: 0.53mg (30.94%), Potassium: 995.96mg (28.46%), Vitamin B3: 5.39mg (26.94%), Vitamin A: 1330.24IU (26.6%), Vitamin B6: 0.48mg (23.91%), Iron: 4.05mg (22.48%), Magnesium: 89.76mg (22.44%), Copper: 0.44mg (22.09%), Vitamin K: 18.76µg (17.86%), Vitamin E: 2.42mg (16.12%), Fiber: 3.7g (14.82%), Vitamin B5: 1.15mg (11.55%), Vitamin B1: 0.16mg (10.91%), Folate: 38.88µg (9.72%), Vitamin D: 0.5µg (3.36%)