



Secret Ingredient Four Cheese Lasagna

READY IN



20 min.

SERVINGS



5

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1.3 cups water hot
- ☐ 1.8 cups milk
- ☐ 1 box hawaiian rolls
- ☐ 14.5 oz carrots drained sliced canned
- ☐ 1 serving parsley fresh chopped

Equipment

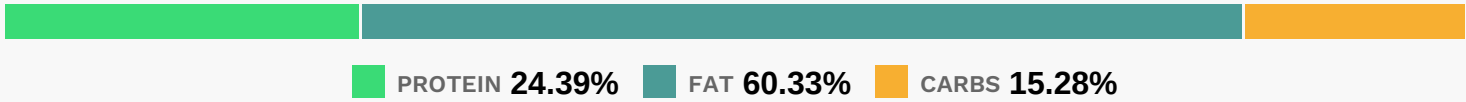
- ☐ food processor

☐ frying pan

Directions

- ☐ In 10-inch nonstick skillet, cook beef over medium-high heat, stirring frequently, until brown; drain.
- ☐ Stir in hot water, milk, sauce mix and uncooked pasta.
- ☐ Heat to boiling, stirring occasionally. Reduce heat. Cover; simmer about 10 minutes, stirring occasionally, until pasta is tender.
- ☐ Remove from heat; uncover.
- ☐ In food processor, place carrots. Cover; process until smooth. Stir processed carrots into pasta mixture.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:35.77, Glycemic Load:4.19, Inflammation Score:-10, Nutrition Score:18.569999964341%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 316.22kcal (15.81%), Fat: 21.09g (32.44%), Saturated Fat: 8.58g (53.61%), Carbohydrates: 12.02g (4.01%), Net Carbohydrates: 9.68g (3.52%), Sugar: 8.03g (8.92%), Cholesterol: 74.66mg (24.89%), Sodium: 154.35mg (6.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.19g (38.37%), Vitamin A: 13940.35IU (278.81%), Vitamin B12: 2.4µg (40.05%), Zinc: 4.36mg (29.04%), Phosphorus: 259.03mg (25.9%), Vitamin K: 25.87µg (24.64%), Vitamin B3: 4.75mg (23.76%), Vitamin B6: 0.46mg (22.97%), Selenium: 15.37µg (21.95%), Potassium: 640.8mg (18.31%), Vitamin B2: 0.3mg (17.72%), Calcium: 151.67mg (15.17%), Iron: 2.06mg (11.46%), Vitamin B5: 1mg (10.02%), Vitamin B1: 0.14mg (9.52%), Fiber: 2.33g (9.33%), Magnesium: 36.57mg (9.14%), Vitamin C: 5.92mg (7.17%), Vitamin D: 1.03µg (6.87%), Manganese: 0.13mg (6.62%), Vitamin E: 0.96mg (6.43%), Folate: 23.37µg (5.84%), Copper: 0.1mg (5.2%)