



Semolina Lasagna with Spicy Amatriciana

READY IN



45 min.

SERVINGS



6

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bacon
- ☐ 28 ounce canned tomatoes diced undrained canned such as San Marzano
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 large eggs
- ☐ 1 tablespoon olive oil extravirgin
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- ☐ 4.5 ounces flour all-purpose
- ☐ 2 ounces mozzarella cheese fresh finely chopped
- ☐ 4 garlic cloves crushed

- ☐ 4 cups onion thinly sliced
- ☐ 1.5 ounces parmigiano-reggiano cheese shredded
- ☐ 1 tablespoon salt
- ☐ 0.5 teaspoon sea salt
- ☐ 6.3 ounces semolina flour
- ☐ 0.3 cup water
- ☐ 0.5 cup water
- ☐ 6 quarts water

Equipment

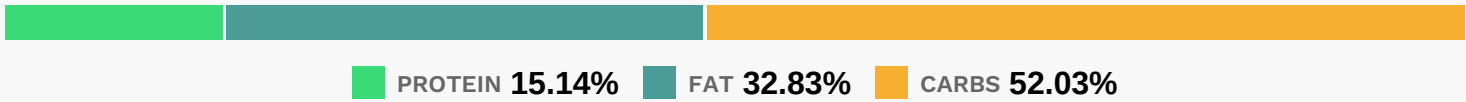
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ measuring cup
- ☐ slotted spoon

Directions

- ☐ To prepare pasta, lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours in a food processor; process 30 seconds.
- ☐ Combine 1/3 cup water, 2 tablespoons oil, and eggs in a bowl, stirring well with a whisk. With processor running, slowly pour water mixture through food chute, processing just until dough forms a ball. Turn dough out onto a lightly floured surface; knead lightly 5 times. Shape dough into a disk. Dust dough lightly with flour; wrap in plastic wrap.

- ☐ Let stand 30 minutes.
- ☐ Divide dough into 6 equal portions. Working with 1 portion at a time (cover remaining dough to prevent drying), press dough portion into a flat narrow rectangle.
- ☐ Roll the dough into a 20 x 4inch rectangle, dusting with flour, if necessary (turning dough over occasionally and dusting surface with flour).
- ☐ Lay pasta sheet flat; cover. Repeat procedure with remaining dough portions to form 6 sheets.
- ☐ To prepare sauce, cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Add onion, 1 tablespoon oil, and garlic to drippings in pan; saut 5 minutes or until browned, stirring frequently.
- ☐ Add 1/2 cup water and tomatoes; bring to a boil. Stir in 1/2 teaspoon salt and pepper. Reduce heat, and simmer 20 minutes or until slightly thick, stirring occasionally.
- ☐ Bring 6 quarts water and 1 tablespoon salt to a boil. Slowly lower 1 pasta sheet into boiling water; cook 1 1/2 minutes or until done. Carefully remove pasta from water with a slotted spoon; lay pasta flat on a jelly-roll pan covered with a damp towel; cover. Repeat procedure with remaining pasta sheets.
- ☐ Preheat oven to 35
- ☐ Place 1 pasta sheet on each of 6 individual baking dishes lightly coated with cooking spray; spoon 1 tablespoon sauce over each serving. Fold noodle over sauce. Repeat procedure 5 times, ending with sauce. Top each serving with 4 teaspoons mozzarella and 1 tablespoon Parmigiano-Reggiano. Cover each baking dish with foil coated with cooking spray.
- ☐ Bake at 350 for 10 minutes or until cheese melts and pasta is thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:46.33, Glycemic Load:27.94, Inflammation Score:-8, Nutrition Score:22.894348030505%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin:

0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 21.69mg, Quercetin: 21.69mg, Quercetin: 21.69mg, Quercetin: 21.69mg

Nutrients (% of daily need)

Calories: 444.58kcal (22.23%), Fat: 16.47g (25.33%), Saturated Fat: 5.05g (31.56%), Carbohydrates: 58.73g (19.58%), Net Carbohydrates: 52.58g (19.12%), Sugar: 10.65g (11.83%), Cholesterol: 79.12mg (26.37%), Sodium: 1833.33mg (79.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.09g (34.18%), Selenium: 45.05µg (64.36%), Vitamin B1: 0.59mg (39.44%), Manganese: 0.76mg (37.85%), Folate: 139.51µg (34.88%), Vitamin B2: 0.51mg (29.85%), Copper: 0.55mg (27.69%), Phosphorus: 266.15mg (26.62%), Iron: 4.75mg (26.41%), Vitamin B3: 5.13mg (25.67%), Calcium: 253.52mg (25.35%), Vitamin C: 20.69mg (25.08%), Fiber: 6.15g (24.61%), Vitamin B6: 0.45mg (22.61%), Vitamin E: 3.08mg (20.52%), Potassium: 683.89mg (19.54%), Magnesium: 74.15mg (18.54%), Zinc: 1.9mg (12.68%), Vitamin K: 12.31µg (11.73%), Vitamin B5: 1.12mg (11.18%), Vitamin A: 548.12IU (10.96%), Vitamin B12: 0.49µg (8.09%), Vitamin D: 0.44µg (2.91%)