

Shortcut Lasagna

READY IN



45 min.

SERVINGS



6

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon basil dried
- ☐ 8 ounces extra wide egg noodles uncooked
- ☐ 1.3 cups ricotta cheese fat-free
- ☐ 1 pound ground round
- ☐ 0.5 teaspoon oregano dried
- ☐ 6 ounces sharp provolone cheese shredded divided
- ☐ 0.3 teaspoon salt
- ☐ 2 cups tomato sauce

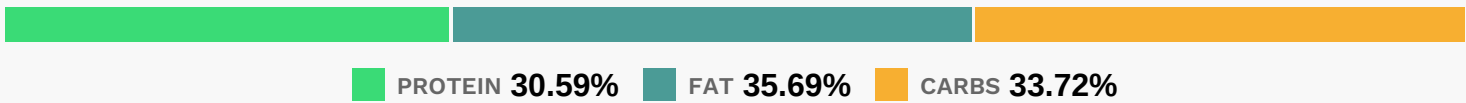
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Cook noodles in boiling water 5 minutes, omitting salt and fat.
- ☐ While noodles are cooking, combine ricotta, 1 cup provolone cheese, basil, oregano, salt, and pepper in a small bowl; set aside. Cook beef in a large nonstick skillet over medium-high heat until browned, stirring to crumble. Stir in tomato sauce; remove from heat.
- ☐ Drain noodles.
- ☐ Combine noodles and meat mixture in large bowl.
- ☐ Place 3 cups noodle mixture in an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Spread ricotta mixture over noodle mixture. Top with remaining noodle mixture; sprinkle with 1/2 cup provolone cheese.
- ☐ Bake at 375 for 15 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:12.88, Inflammation Score:-6, Nutrition Score:19.467391356178%

Nutrients (% of daily need)

Calories: 439.35kcal (21.97%), Fat: 17.04g (26.22%), Saturated Fat: 8.4g (52.52%), Carbohydrates: 36.23g (12.08%), Net Carbohydrates: 33.6g (12.22%), Sugar: 5.43g (6.03%), Cholesterol: 108.65mg (36.22%), Sodium: 801.93mg (34.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.87g (65.74%), Selenium: 46.95µg (67.08%), Phosphorus: 393.7mg (39.37%), Vitamin B12: 2.19µg (36.57%), Zinc: 5.46mg (36.4%), Calcium: 336.88mg (33.69%), Vitamin B3: 5.5mg (27.49%), Vitamin B6: 0.47mg (23.28%), Manganese: 0.46mg (22.82%), Iron: 3.56mg (19.79%),

Potassium: 624.19mg (17.83%), Vitamin B2: 0.3mg (17.59%), Magnesium: 59.01mg (14.75%), Copper: 0.27mg (13.69%), Vitamin A: 631.06IU (12.62%), Vitamin B5: 1.19mg (11.86%), Vitamin E: 1.67mg (11.15%), Fiber: 2.63g (10.51%), Vitamin B1: 0.12mg (8.1%), Vitamin K: 7.73µg (7.37%), Vitamin C: 5.72mg (6.94%), Folate: 26.61µg (6.65%), Vitamin D: 0.33µg (2.2%)