



Skinny Lasagna

READY IN



150 min.

SERVINGS



12

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 lasagne pasta sheets uncooked
- 1 lb ground beef 90% (at least)
- 2 cloves garlic finely chopped
- 25.5 oz pasta sauce italian organic
- 0.1 teaspoon ground pepper red (cayenne)
- 1.5 teaspoons basil dried
- 1 eggs
- 15 oz part-skim ricotta reduced-fat
- 8 oz mozzarella cheese shredded reduced-fat

- 0.3 cup parmesan shredded

Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Cook and drain noodles as directed on package.
- Place in cold water.
- Meanwhile, in 12-inch skillet, cook beef and garlic over medium-high heat 5 to 7 minutes, stirring frequently, until beef is thoroughly cooked; drain. Stir in pasta sauce, ground red pepper and 1 teaspoon of the basil.
- Heat to boiling, stirring occasionally.
- Remove from heat.
- Heat oven to 350°F. In medium bowl, beat egg slightly. Stir in ricotta cheese and remaining 1/2 teaspoon basil until blended.
- Drain noodles.
- Spread about 1/2 cup sauce mixture over bottom of baking dish. Top with 3 noodles, 1 1/2 cups of the sauce mixture, half of the ricotta mixture and 3/4 cup of the mozzarella cheese. Repeat layers once. Top with remaining noodles, sauce and mozzarella cheese; sprinkle with Parmesan cheese. Spray 15-inch piece of foil with cooking spray. Cover lasagna with foil.
- Bake 45 minutes. Uncover; bake 10 to 15 minutes longer or until bubbly.
- Let stand 10 minutes before serving.

Nutrition Facts



■ PROTEIN 33.82% ■ FAT 32.54% ■ CARBS 33.64%

Properties

Glycemic Index:14.67, Glycemic Load:7.41, Inflammation Score:-5, Nutrition Score:13.149130437685%

Flavonoids

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

Nutrients (% of daily need)

Calories: 258.3kcal (12.91%), Fat: 9.28g (14.27%), Saturated Fat: 5.17g (32.28%), Carbohydrates: 21.58g (7.19%), Net Carbohydrates: 19.94g (7.25%), Sugar: 3.07g (3.42%), Cholesterol: 62.05mg (20.68%), Sodium: 522.94mg (22.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.69g (43.39%), Selenium: 30.68µg (43.82%), Phosphorus: 310.86mg (31.09%), Calcium: 299.11mg (29.91%), Zinc: 3.49mg (23.25%), Vitamin B12: 1.17µg (19.51%), Vitamin B2: 0.26mg (15.51%), Vitamin B3: 3.1mg (15.5%), Manganese: 0.29mg (14.44%), Vitamin B6: 0.27mg (13.72%), Potassium: 430.04mg (12.29%), Iron: 2.16mg (11.99%), Vitamin A: 538.97IU (10.78%), Magnesium: 40.85mg (10.21%), Copper: 0.18mg (9.18%), Vitamin E: 1.11mg (7.42%), Vitamin B5: 0.69mg (6.93%), Fiber: 1.64g (6.56%), Vitamin C: 4.39mg (5.32%), Folate: 19.74µg (4.94%), Vitamin K: 4.6µg (4.38%), Vitamin B1: 0.06mg (4.23%), Vitamin D: 0.22µg (1.45%)