



Sloppy Lasagna

READY IN



35 min.

SERVINGS



10

CALORIES



885 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 handful basil leaves
- 10 servings pepper black freshly ground
- 4 tablespoons butter
- 28 ounce canned tomatoes canned
- 1 small carrots grated finely chopped
- 4 tablespoons flour all-purpose
- 2 bay leaves fresh
- 2 cups ricotta cheese fresh
- 3 cloves garlic grated finely chopped

- 2 pounds ground beef
- 2 pinches ground cinnamon
- 2 pounds curly edge lasagna noodles
- 2 cups milk
- 10 servings nutmeg freshly grated to taste
- 2 tablespoons olive oil extra-virgin
- 1 medium onion finely chopped
- 1.5 cups parmigiano-reggiano grated
- 10 servings salt
- 3 tablespoons tomato paste
- 1 cup white wine

Equipment

- bowl
- frying pan
- whisk
- pot
- broiler

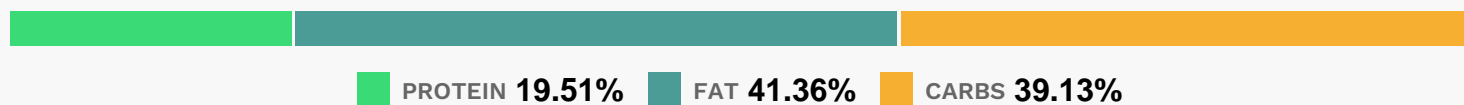
Directions

- Watch how to make this recipe.
- Bring a large pot of water to a boil over medium heat. Break all of the pasta sheets into irregular, larger than single bite-sized pieces. Salt the water, then add the pasta and cook to a little shy of al dente.
- Drain and set aside in a large bowl.
- Heat the extra-virgin olive oil in a heavy bottomed pot or large skillet over medium heat.
- Add the meat, press it into an even layer and brown it for 3 to 4 minutes before moving. Turn the meat and add the onions and grated carrot. Stir and cook a few minutes to soften, then add the garlic, bay leaves, salt and pepper, to taste, and the cinnamon. Cook for a couple of minutes, then stir in the tomato paste, wait for 1 minute then add the wine. Reduce for a

minute more, then add the tomatoes, breaking them up as you stir. Reduce the heat to a simmer and add the basil.

- While the sauce simmers, in a medium sauce pot, melt the butter over medium heat and whisk in the flour. Cook for 1 minute, then whisk in the milk and nutmeg, and season with salt, pepper, to taste.
- Let cook for a couple of minutes to thicken, then stir in 1/2 cup of the grated cheese and turn off the heat.
- Heat a broiler.
- Add the meat sauce to the bowl with the pasta and toss.
- Layer half of the pasta into a lasagna pan and scatter with dollops of fresh ricotta cheese. Top with remaining pasta.
- Pour the white sauce over the pasta and scatter the remaining 1 cup of the grated cheese over the top. Put under the broiler to brown and bubble.
- Remove from the broiler and serve.

Nutrition Facts



Properties

Glycemic Index:63.78, Glycemic Load:33.22, Inflammation Score:-9, Nutrition Score:30.307391291079%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 885.36kcal (44.27%), Fat: 39.77g (61.18%), Saturated Fat: 18.53g (115.81%), Carbohydrates: 84.66g (28.22%), Net Carbohydrates: 79.07g (28.75%), Sugar: 10.63g (11.81%), Cholesterol: 117.8mg (39.27%), Sodium: 744.96mg (32.39%), Alcohol: 2.47g (100%), Alcohol %: 0.72% (100%), Protein: 42.21g (84.41%), Selenium: 84.5µg

(120.71%), Manganese: 1.2mg (60.18%), Phosphorus: 595.84mg (59.58%), Zinc: 6.65mg (44.34%), Vitamin B12: 2.56µg (42.72%), Calcium: 420.95mg (42.1%), Vitamin B3: 6.94mg (34.72%), Vitamin B6: 0.67mg (33.26%), Vitamin A: 1651.3IU (33.03%), Vitamin B2: 0.48mg (28.24%), Magnesium: 108.51mg (27.13%), Potassium: 934.79mg (26.71%), Copper: 0.53mg (26.7%), Iron: 4.8mg (26.69%), Fiber: 5.59g (22.36%), Vitamin B1: 0.26mg (17.67%), Vitamin E: 2.36mg (15.74%), Vitamin B5: 1.49mg (14.95%), Folate: 51.26µg (12.82%), Vitamin C: 9.86mg (11.95%), Vitamin K: 11.38µg (10.84%), Vitamin D: 0.8µg (5.34%)