



Slow-Cooked Beef Lasagna

READY IN



150 min.

SERVINGS



10

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 eggs
- 16 ounce lasagne pasta sheets
- 1 pound ground beef lean
- 0.5 cup parmesan cheese grated
- 8 ounce ricotta cheese
- 2 cups mozzarella cheese shredded
- 24 ounce tomato basil sauce classico®

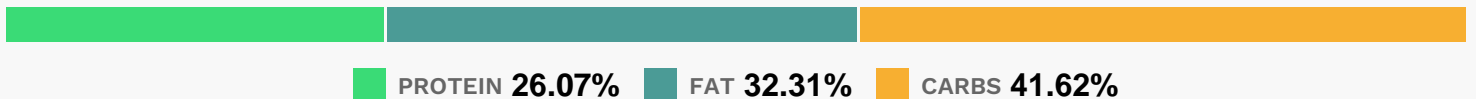
Equipment

- bowl
- frying pan
- ladle
- pot
- slow cooker
- colander

Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the lasagna noodles, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta is slightly tender but not cooked through, about 7 minutes.
- Drain well in a colander set in the sink.
- Cook and stir ground beef in a large skillet over medium-high heat until beef is browned; drain, then stir in sauce. Set aside.
- Combine 2 cups of mozzarella cheese, Parmesan cheese, ricotta cheese, and eggs in a separate bowl.
- Pour about 1/2 cup of the sauce mixture in the bottom of a slow cooker and cover with a layer of noodles.
- Sprinkle about 1/4 of the cheese mixture over the noodles, then ladle about 1/4 of the remaining sauce over the cheese. Repeat layering, ending with a layer of sauce and topping with the remaining 2 cups of mozzarella cheese. Cook on High setting for 2 to 3 hours, or on Low setting for 8 to 9 hours.

Nutrition Facts



Properties

Glycemic Index:9.6, Glycemic Load:13.93, Inflammation Score:-6, Nutrition Score:15.542173955752%

Nutrients (% of daily need)

Calories: 419.71kcal (20.99%), Fat: 14.77g (22.73%), Saturated Fat: 7.29g (45.54%), Carbohydrates: 42.81g (14.27%), Net Carbohydrates: 39.18g (14.25%), Sugar: 6.44g (7.15%), Cholesterol: 94.47mg (31.49%), Sodium: 547.98mg (23.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.82g (53.65%), Selenium: 48.11µg (68.73%), Phosphorus: 339.79mg (33.98%), Vitamin B12: 1.75µg (29.16%), Zinc: 4.2mg (27.97%), Calcium: 244.57mg (24.46%), Manganese: 0.44mg (21.76%), Vitamin B3: 3.32mg (16.6%), Vitamin B2: 0.27mg (15.61%), Potassium: 538mg (15.37%), Vitamin A: 751.35IU (15.03%), Fiber: 3.63g (14.51%), Vitamin B6: 0.28mg (13.96%), Iron: 2.43mg (13.47%), Magnesium: 43.8mg (10.95%), Copper: 0.18mg (9.08%), Vitamin B5: 0.72mg (7.18%), Vitamin B1: 0.07mg (4.93%), Folate: 19.16µg (4.79%), Vitamin C: 3.27mg (3.96%), Vitamin D: 0.38µg (2.54%), Vitamin E: 0.36mg (2.42%), Vitamin K: 1.06µg (1.01%)