



## Slow-Cooker Lasagna

READY IN



260 min.

SERVINGS



8

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 eggs
- 2 Tbsp parsley fresh chopped
- 1 lb ground beef
- 6 lasagna noodles uncooked
- 0.3 cup parmesan cheese divided grated kraft
- 24 oz classico family favorites pasta sauce traditional
- 15 oz polly-o original ricotta cheese
- 7 oz milk mozzarella cheese shredded 2% divided kraft
- 1 cup water

## Equipment

- frying pan
- slow cooker

## Directions

- Brown meat in large skillet; drain. Stir in pasta sauce and water.
- Mix ricotta, 1-1/2 cups mozzarella, 2 Tbsp. Parmesan, egg and parsley.
- Spoon 1 cup meat sauce into slow cooker; top with layers of half each of the noodles (broken to fit) and cheese mixture. Cover with 2 cups meat sauce. Top with remaining noodles (broken to fit), cheese mixture and meat sauce. Cover with lid.
- Cook on LOW 4 to 6 hours or until liquid is absorbed.
- Sprinkle with remaining cheeses; let stand, covered, 10 min. or until melted.

## Nutrition Facts



## Properties

Glycemic Index:21.63, Glycemic Load:8.35, Inflammation Score:-6, Nutrition Score:17.203043284624%

## Flavonoids

Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg

## Nutrients (% of daily need)

Calories: 430.61kcal (21.53%), Fat: 25.76g (39.63%), Saturated Fat: 12.77g (79.83%), Carbohydrates: 22.84g (7.61%), Net Carbohydrates: 20.86g (7.59%), Sugar: 4.02g (4.46%), Cholesterol: 110.14mg (36.71%), Sodium: 707.07mg (30.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.63g (53.25%), Selenium: 36.99µg (52.85%), Phosphorus: 355.29mg (35.53%), Vitamin B12: 2.05µg (34.18%), Calcium: 294.73mg (29.47%), Zinc: 4.41mg (29.42%), Vitamin B2: 0.36mg (21.32%), Vitamin K: 20.23µg (19.26%), Vitamin B3: 3.7mg (18.48%), Vitamin A: 909.25IU (18.18%), Vitamin B6: 0.34mg (17.05%), Potassium: 545.78mg (15.59%), Manganese: 0.31mg (15.28%), Iron: 2.67mg (14.83%), Magnesium: 46.86mg (11.71%), Vitamin E: 1.67mg (11.11%), Copper: 0.22mg (10.92%), Vitamin B5: 0.88mg (8.84%), Vitamin C: 7.22mg (8.75%), Fiber: 1.98g (7.92%), Folate: 27.73µg (6.93%), Vitamin B1: 0.08mg (5.46%), Vitamin D: 0.39µg (2.59%)