



Slow-Cooker Lasagne

READY IN



255 min.

SERVINGS



8

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 cups cheese italiano cheese shredded divided kraft
- ☐ 1 eggs
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 6 lasagna noodles uncooked
- ☐ 1 pound ground beef lean
- ☐ 0.3 cup parmesan cheese 100% divided grated kraft
- ☐ 675 ml pasta sauce
- ☐ 1.8 cups ricotta cheese
- ☐ 1 cup water

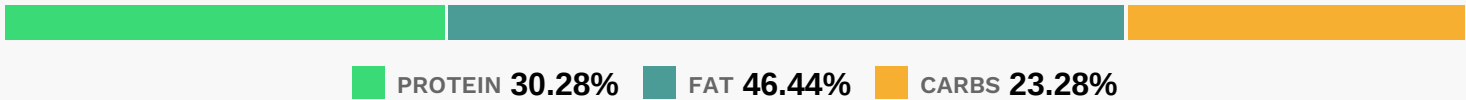
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Brown meat in large skillet; drain. Stir in pasta sauce and water.
- ☐ Mix ricotta, 1-1/2 cups shredded cheese, 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 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:25, Glycemic Load:8.45, Inflammation Score:-7, Nutrition Score:18.776086859081%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg 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: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 392.28kcal (19.61%), Fat: 20.2g (31.07%), Saturated Fat: 11.3g (70.64%), Carbohydrates: 22.78g (7.59%), Net Carbohydrates: 20.76g (7.55%), Sugar: 3.95g (4.39%), Cholesterol: 110.12mg (36.71%), Sodium: 719.98mg (31.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.63g (59.27%), Selenium: 40.92µg (58.45%), Phosphorus: 407.63mg (40.76%), Calcium: 351.15mg (35.12%), Zinc: 5.08mg (33.88%), Vitamin B12: 1.8µg (30.05%), Vitamin B2: 0.41mg (24.23%), Vitamin B3: 4.43mg (22.16%), Vitamin A: 1005.77IU (20.12%), Vitamin B6: 0.39mg (19.56%), Vitamin K: 20.3µg (19.33%), Potassium: 594.51mg (16.99%), Iron: 2.89mg (16.06%), Manganese: 0.3mg (15.06%), Magnesium: 52.18mg (13.05%), Copper: 0.24mg (11.78%), Vitamin E: 1.76mg (11.71%), Vitamin B5: 1.04mg (10.45%), Vitamin C: 7.45mg (9.03%), Fiber: 2.02g (8.06%), Folate: 30.5µg (7.63%), Vitamin B1: 0.08mg (5.44%), Vitamin D: 0.44µg (2.93%)