



Southwestern Lasagna

READY IN



165 min.

SERVINGS



12

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups tomatoes canned crushed
- 2 pounds chorizo sausage
- 4 eggs lightly beaten
- 10 sprigs cilantro leaves fresh chopped
- 3 cloves garlic minced
- 7 ounce chiles diced green canned
- 2 tablespoons ground cumin
- 16 ounce four cheese blend shredded mexican style
- 4 ounce jalapeño peppers diced canned

- 8 ounce no-cook lasagna noodles
- 1 onion diced
- 32 ounce ricotta cheese

Equipment

- frying pan
- sauce pan
- oven
- baking pan
- aluminum foil

Directions

- Place the tomatoes, green chiles, jalapenos, onion, garlic, cilantro, and cumin in a large saucepan. Cook over medium heat until the mixture comes to a boil. Reduce heat to low and simmer until the onion is soft, about 45 to 60 minutes.
- Meanwhile, heat a large skillet over medium-high heat and stir in the chorizo. Cook and stir until the chorizo is crumbly, and evenly browned.
- Drain and discard any excess grease.
- Preheat an oven to 350 degrees F (175 degrees C). Stir together the ricotta cheese and eggs. Set aside.
- To assemble, spread 1/3 of the tomato sauce in the bottom of a 9x13-inch baking dish.
- Spread the sausage over the tomato sauce.
- Pour 1/2 of the remaining sauce over the sausage and sprinkle 1/2 of the shredded cheese over the top of the sauce. Arrange a layer of noodles lengthwise over the cheese.
- Spread the ricotta cheese mixture over the noodles and place another layer of noodles over the ricotta. Top with the remaining tomato sauce and shredded cheese. Cover with foil: to prevent sticking, either spray foil with cooking spray, or make sure the foil does not touch the cheese.
- Bake in a preheated oven for 30 minutes.
- Remove foil, and bake until the top is browned, about 15 to 30 minutes.

Nutrition Facts

PROTEIN 24.17% FAT 55.03% CARBS 20.8%

Properties

Glycemic Index:19.42, Glycemic Load:8.34, Inflammation Score:-7, Nutrition Score:15.883478289065%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 506.86kcal (25.34%), Fat: 31.4g (48.3%), Saturated Fat: 14.45g (90.33%), Carbohydrates: 26.71g (8.9%), Net Carbohydrates: 23.7g (8.62%), Sugar: 5.14g (5.71%), Cholesterol: 154.01mg (51.34%), Sodium: 333.48mg (14.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.03g (62.05%), Vitamin C: 39.49mg (47.86%), Selenium: 28.2µg (40.29%), Calcium: 308.04mg (30.8%), Vitamin A: 1230.62IU (24.61%), Phosphorus: 223.98mg (22.4%), Manganese: 0.4mg (20.22%), Iron: 3.63mg (20.19%), Vitamin B2: 0.29mg (16.99%), Vitamin B6: 0.29mg (14.61%), Potassium: 464.16mg (13.26%), Copper: 0.25mg (12.58%), Vitamin K: 12.76µg (12.15%), Fiber: 3.01g (12.05%), Vitamin E: 1.69mg (11.24%), Folate: 44.35µg (11.09%), Zinc: 1.66mg (11.07%), Magnesium: 43.55mg (10.89%), Vitamin B3: 1.7mg (8.52%), Vitamin B5: 0.76mg (7.62%), Vitamin B1: 0.11mg (7.46%), Vitamin B12: 0.39µg (6.46%), Vitamin D: 0.44µg (2.96%)