



Tammy's Favorite Lasagna

READY IN



180 min.

SERVINGS



8

CALORIES



966 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce canned tomatoes whole peeled canned
- 1 eggs beaten
- 3 tablespoons flour all-purpose
- 1.5 tablespoons rosemary leaves fresh chopped
- 1.5 tablespoons garlic salt
- 2 tablespoons seasoning italian
- 16 ounce lasagne pasta sheets
- 2 pounds ground beef lean
- 0.5 cup butter

- 1 quart milk
- 1 small onion chopped
- 1 cup parmesan
- 15 ounce ricotta cheese
- 8 servings salt and pepper to taste
- 1 pound mozzarella cheese shredded
- 12 ounce canned tomatoes canned
- 4 tablespoons vegetable oil
- 1 cup water

Equipment

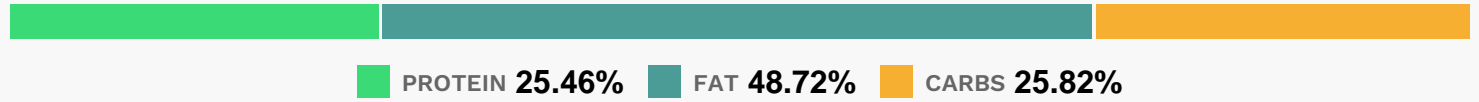
- frying pan
- sauce pan
- oven
- pot
- baking pan

Directions

- Heat oil in a large skillet over medium heat.
- Saute onions until soft. Stir in ground beef, and cook until evenly brown.
- Drain excess fat. Season with Italian seasoning, rosemary, garlic salt, salt and pepper. Stir in tomatoes, tomato paste and water. Simmer 1 hour, or until sauce has thickened.
- Melt butter in a saucepan over medium heat. Cook onion until soft and translucent. Stir in flour until smooth. Stir in Parmesan cheese, then milk. Cook, stirring, until thick. Allow to cool, then stir in egg. (Sauce will be very thick.)
- Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain. Lightly grease a 9x13 inch baking dish.

- In prepared baking dish, place a layer of noodles, meat sauce, cheese sauce, ricotta, and mozzarella. Repeat layers. Build to your desired thickness, or make another smaller pan for freezing.
- Bake in preheated oven for 1 hour.
- Let cool 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:22.62, Inflammation Score:-9, Nutrition Score:38.870434719583%

Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 966.27kcal (48.31%), Fat: 52.22g (80.33%), Saturated Fat: 22.48g (140.49%), Carbohydrates: 62.26g (20.75%), Net Carbohydrates: 57.84g (21.03%), Sugar: 12.71g (14.13%), Cholesterol: 185.36mg (61.79%), Sodium: 2567.39mg (111.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.38g (122.76%), Selenium: 81.07µg (115.82%), Phosphorus: 876.9mg (87.69%), Vitamin B12: 4.87µg (81.09%), Calcium: 789.93mg (78.99%), Zinc: 10.08mg (67.17%), Vitamin B2: 0.82mg (48%), Vitamin B3: 8.94mg (44.69%), Vitamin B6: 0.86mg (43.15%), Manganese: 0.81mg (40.74%), Iron: 6.25mg (34.72%), Vitamin A: 1686.2IU (33.72%), Potassium: 1165.68mg (33.31%), Magnesium: 117.93mg (29.48%), Vitamin K: 28.32µg (26.97%), Copper: 0.45mg (22.32%), Vitamin E: 3.12mg (20.83%), Vitamin B5: 2.03mg (20.33%), Vitamin B1: 0.3mg (20.08%), Fiber: 4.42g (17.69%), Vitamin C: 13.93mg (16.88%), Folate: 53.47µg (13.37%), Vitamin D: 1.92µg (12.8%)