



WHATSheATE



HEALTH SCORE

61%

The Ultimate Lasagna



Very Healthy

READY IN



110 min.

SERVINGS



8

CALORIES



2022 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



56 ounce tomatoes canned recommended: San Marzano



3 carrots chopped



2 stalks celery chopped



2 eggs lightly beaten



0.3 cup flat-leaf parsley italian finely chopped



2 tablespoons flour all-purpose



2 tablespoons basil fresh chopped



2 cloves garlic sliced

- ☐ 2 pounds ground beef
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 pound ground sausage italian
- ☐ 3 tablespoons heavy cream
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 2 pound lasagna noodles dried
- ☐ 8 servings olive oil extra-virgin
- ☐ 1 onion chopped
- ☐ 1 tablespoon oregano leaves chopped
- ☐ 0.5 cup parmesan grated
- ☐ 1 oz parmesan and m zarella grated for topping
- ☐ 2 cups red wine
- ☐ 2 quarts ricotta cheese 2 containers
- ☐ 1 pound mozzarella cheese shredded

Equipment

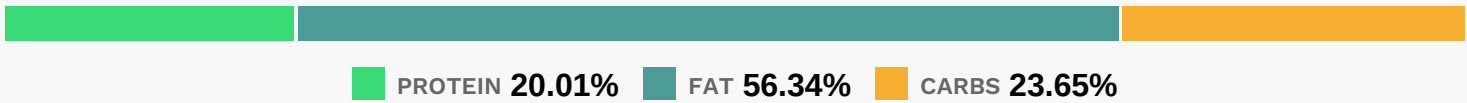
- ☐ food processor
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ mixing bowl
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ Cook the lasagna noodles in plenty of boiling salted water until pliable and barely tender, about 10 minutes. Stir with a wooden spoon to prevent sticking.

- ☐ Drain the noodles thoroughly and coat with olive oil to keep them moist and easy to workwith.
- ☐ Coat a large skillet with olive oil, add beef and sausage and brown until no longer pink, about 10 minutes. Season with salt and pepper. In a food processor, combine the onion, carrots, celery, garlic, basil, parsley, an oregano. Process until pureed, add to the pan with the ground meat and stir to combine. Stir in the flour.
- ☐ Add the wine and cook until it has reduced by half. Stir in the tomatoes and add the heavy cream and the cinnamon.
- ☐ In a mixing bowl, combine ricotta and the parmesan. Stir in the eggs and season with salt and pepper.
- ☐ To assemble the lasagna: Coat the bottom of a deep 13 by 9-inch pan with olive oil. Arrange 4 noodles lengthwise in a slightly overlapping layer on the sauce. Then, line each end of the pan with a lasagna noodle. This forms a collar that holds in the corners. Dollop 1/2 of the ricotta mixture over the pasta, spread to the edges with a spatula.
- ☐ Spread 1/2 of the meat mixture over the ricotta.
- ☐ Sprinkle 1/2 of the mozzarella on top of the ricotta. Top with a ladle full of sauce, spread evenly. Repeat with the next layer of noodles, ricotta, sauce, and cheeses. Top last layer with noodles, sauce, shredded mozzarella and Parmesan. Tap the pan to force out air bubbles.
- ☐ Bake for 1 hour.
- ☐ Remove from oven.
- ☐ Let lasagna rest for 30 minutes so the noodles will settle and cut easily.
- ☐ Cut into 2-inch squares and serve.

Nutrition Facts



Properties

Glycemic Index:73.23, Glycemic Load:43.11, Inflammation Score:-10, Nutrition Score:61.54608711989%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg
Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3–gallate:
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin:
0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg,
Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 4.42mg, Apigenin: 4.42mg, Apigenin: 4.42mg, Apigenin: 4.42mg
Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg,
Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg,
Kaempferol: 0.25mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin:
3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg,
Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 2021.9kcal (101.1%), Fat: 123.62g (190.19%), Saturated Fat: 54.17g (338.56%), Carbohydrates: 116.71g
(38.9%), Net Carbohydrates: 107.72g (39.17%), Sugar: 15.5g (17.22%), Cholesterol: 386.08mg (128.69%), Sodium:
1930.39mg (83.93%), Alcohol: 6.36g (100%), Alcohol %: 0.82% (100%), Protein: 98.79g (197.59%), Selenium:
168.72µg (241.03%), Phosphorus: 1319.53mg (131.95%), Vitamin A: 6145.52IU (122.91%), Calcium: 1071.7mg (107.17%),
Vitamin B12: 5.78µg (96.34%), Zinc: 13.97mg (93.15%), Manganese: 1.78mg (88.9%), Vitamin B2: 1.3mg (76.58%),
Vitamin B6: 1.43mg (71.35%), Vitamin B1: 1.05mg (69.78%), Vitamin B3: 13.76mg (68.8%), Vitamin K: 68.6µg
(65.33%), Potassium: 1971.21mg (56.32%), Iron: 9.98mg (55.46%), Magnesium: 194.62mg (48.65%), Copper: 0.96mg
(48%), Vitamin E: 5.96mg (39.76%), Fiber: 8.99g (35.97%), Vitamin C: 26.08mg (31.61%), Vitamin B5: 3.15mg
(31.5%), Folate: 120.98µg (30.24%), Vitamin D: 1.17µg (7.82%)