



Traditional Lasagna Bolognese

READY IN



45 min.

SERVINGS



12

CALORIES



521 kcal

SAUCE

Ingredients

- 1 serving sauce traditional for lasagna bolognese
- 3 pounds ricotta cheese fresh
- 3 large egg yolk
- 1 cup parmesan cheese grated
- 1 tablespoon coarse salt
- 0.3 teaspoon pepper black freshly ground
- 0.3 teaspoon nutmeg
- 1 inch ground pepper
- 2 tablespoons olive oil extra virgin extra-virgin

- 1 pound lasagne pasta sheets uncooked
- 1 pound mozzarella fresh sliced into ¼-inch rounds

Equipment

- bowl
- oven
- whisk
- pot
- baking pan
- aluminum foil
- tongs
- colander

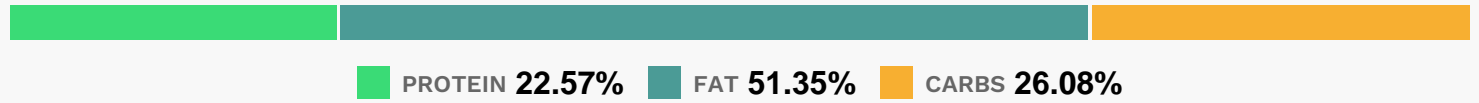
Directions

- Bring sauce to room temperature. In a large bowl, whisk together ricotta, egg yolks, Parmesan, 1 1/2 teaspoons salt, black pepper, nutmeg, and cayenne pepper. Chill filling until ready to assemble lasagna.
- Preheat oven to 400 degrees. Butter an 11-by-14-by-3-inch lasagna baking pan. Bring a large pot of water to a boil.
- Add olive oil and remaining tablespoon of salt. One at a time, add lasagna noodles; cook until very al dente, 2 to 3 minutes less than the manufacturer's instructions.
- Remove noodles with tongs; drain in a colander.
- Spread about 3 cups of sauce on the bottom of the prepared baking dish.
- Place a single layer of lasagna noodles over the sauce, overlapping them slightly.
- Spread about 2 cups sauce over the noodles and about half the ricotta filling mixture over the sauce.
- Top with a layer of lasagna noodles, again slightly overlapping them. Repeat with more sauce and remaining ricotta filling mixture. Top with a final layer of lasagna noodles.
- Spread a layer of sauce over the noodles, and finish with a layer of sliced mozzarella rounds.

Bake until the sauce is bubbling and the cheese is melted, at least 1 hour. Cover with aluminum foil if the cheese starts to brown too early.

Let the lasagna stand 10 to 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:12.51, Inflammation Score:-6, Nutrition Score:15.563478522084%

Nutrients (% of daily need)

Calories: 520.79kcal (26.04%), Fat: 29.55g (45.46%), Saturated Fat: 16.51g (103.21%), Carbohydrates: 33.76g (11.25%), Net Carbohydrates: 32.53g (11.83%), Sugar: 1.77g (1.96%), Cholesterol: 140.84mg (46.95%), Sodium: 1064.83mg (46.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.23g (58.46%), Selenium: 52.06µg (74.37%), Calcium: 513.36mg (51.34%), Phosphorus: 454.01mg (45.4%), Vitamin B12: 1.44µg (24.05%), Vitamin B2: 0.4mg (23.66%), Zinc: 3.41mg (22.76%), Manganese: 0.38mg (19.12%), Vitamin A: 897.25IU (17.95%), Magnesium: 43.37mg (10.84%), Folate: 29.81µg (7.45%), Copper: 0.15mg (7.26%), Potassium: 253.06mg (7.23%), Iron: 1.27mg (7.03%), Vitamin B6: 0.14mg (6.92%), Vitamin B5: 0.61mg (6.12%), Fiber: 1.23g (4.92%), Vitamin E: 0.73mg (4.86%), Vitamin B1: 0.07mg (4.67%), Vitamin D: 0.65µg (4.33%), Vitamin B3: 0.81mg (4.05%), Vitamin K: 3.81µg (3.62%)