



Whole-Wheat Skillet Lasagna and Escarole Salad

 Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



1558 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 1 cup beef stock
- ☐ 28 ounce canned tomatoes italian canned
- ☐ 1 carrots grated peeled
- ☐ 2 heads endive dried cleaned coarsely chopped
- ☐ 4 cloves garlic grated
- ☐ 1 pound gemelli whole-wheat

- ☐ 0.5 teaspoon ground allspice
- ☐ 4 servings ground pepper black
- ☐ 1.5 pounds ground sirloin
- ☐ 2 juice of lemon juiced
- ☐ 1 ball mozzarella cheese smoked thinly sliced
- ☐ 5 tablespoons olive oil extra-virgin divided
- ☐ 1 onion grated
- ☐ 0.3 pound pancetta chopped
- ☐ 0.5 small onion red very thinly sliced
- ☐ 2 cups ricotta cheese
- ☐ 4 sprigs rosemary finely chopped
- ☐ 4 servings salt

Equipment

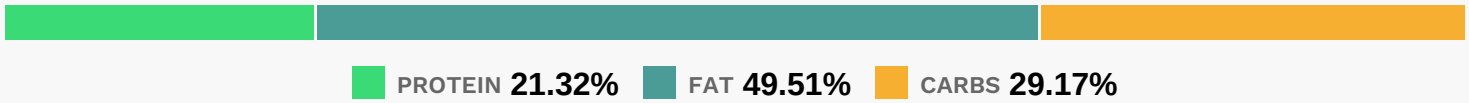
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ broiler

Directions

- ☐ Heat a pot of water for pasta, season with salt and cook pasta to al dente.
- ☐ Preheat oven to 450 degrees F or broiler.
- ☐ While pasta water comes to a boil, heat 2 tablespoons oil in a high sided skillet over medium-high to high heat. When the oil smokes, add the pancetta, sirloin and bay leaf and caramelize the meat, 5 to 6 minutes, season with salt, pepper and allspice.
- ☐ Add grated vegetables and garlic, rosemary. Cook 7 to 8 minutes, stir in stock.
- ☐ Add tomatoes and break up with a spoon.
- ☐ Drain pasta and add to sauce then stir in ricotta. Top pasta with a layer of mozzarella and place in oven. Cook 5 minutes to melt and bubble mozzarella.

Dress the escarole and onions with the lemon juice and 3 to 4 tablespoons oil, season the salad with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:106.71, Glycemic Load:39.33, Inflammation Score:-10, Nutrition Score:66.046086891838%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 23.22mg, Kaempferol: 23.22mg, Kaempferol: 23.22mg, Kaempferol: 23.22mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 9.66mg, Quercetin: 9.66mg, Quercetin: 9.66mg, Quercetin: 9.66mg

Nutrients (% of daily need)

Calories: 1558.2kcal (77.91%), Fat: 85.77g (131.96%), Saturated Fat: 34.42g (215.15%), Carbohydrates: 113.69g (37.9%), Net Carbohydrates: 99.34g (36.12%), Sugar: 12.93g (14.37%), Cholesterol: 242.25mg (80.75%), Sodium: 1150.62mg (50.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 83.09g (166.17%), Vitamin K: 553.4µg (527.05%), Vitamin A: 10029.27IU (200.59%), Selenium: 133.68µg (190.97%), Manganese: 2.41mg (120.36%), Phosphorus: 1094.8mg (109.48%), Folate: 414.2µg (103.55%), Zinc: 15.02mg (100.11%), Vitamin B12: 5.54µg (92.38%), Calcium: 759.12mg (75.91%), Vitamin B3: 14.01mg (70.04%), Potassium: 2413.5mg (68.96%), Vitamin C: 52.68mg (63.85%), Vitamin B6: 1.25mg (62.68%), Vitamin B2: 1.04mg (61.1%), Fiber: 14.35g (57.4%), Iron: 8.79mg (48.85%), Magnesium: 187.21mg (46.8%), Copper: 0.89mg (44.68%), Vitamin B5: 4.26mg (42.57%), Vitamin B1: 0.6mg (39.84%), Vitamin E: 5.84mg (38.95%), Vitamin D: 0.76µg (5.05%)