

Keto Lasagna

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-noodle-less-lasagna-recipe>

Ingredients:

- 8 ounces turkey cooked deli-style thin, slices
- 6 ounces shredded mozzarella cheese
- 1 ounce grated Parmesan cheese finely
- 1 pound 95% lean ground beef 90%-
- 15 ounces tomato sauce canned
- 5 ounces baby spinach leaves fresh, roughly chopped and long or thick stems discarded
- 2 teaspoons dried oregano
- 3/4 teaspoon salt
- 1/2 teaspoon ground cayenne

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 150 milligrams
4. Fat: 25 grams
5. Fiber: 3 grams
6. Protein: 49 grams
7. SaturatedFat: 11 grams
8. Sodium: 1370 milligrams
9. Sugar: 10 grams

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