



Keto Lasagna

Active Time: 20 minutes | **Total Time:** 1 hour | **Serves:** 9

Nutrition Information Per Serving

390.3 calories, 5.89 g carbohydrate, 0.55 g fiber, 5.34 g NET carbs, 26.28 g protein, 29.03 g fat

Ingredients

- 3/4 cup(s) Thrive Market Organic Marinara Tomato Sauce
- 2 tsp(s) Simply Organic Italian Seasoning
- 8 ounce(s) organic cream cheese
- 14 ounce(s) organic, part-skim mozzarella cheese
- 1/2 cup(s) grated Parmesan cheese
- 1 medium onion, chopped
- 1 clove garlic, minced
- 8 ounce(s) grass-fed ground beef
- 1 1/2 cup(s) organic whole ricotta cheese
- 3 large(s) organic eggs
- 2 tsp(s) avocado oil

Preparation

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