

Keto Palmiini Lasagna

Hands-on 15 minutes Overall 35 minutes

Nutritional values (per serving, about 200 g/ 7 oz): Total carbs: 8.1 g, Fiber: 2 g,

Net carbs: 6 g, Protein: 29.7 g, Fat: 38.8 g, Calories: 503 kcal,

[Original recipe, Keto Diet App - The ultimate low-carb diet app](#)



Ingredients (makes 5 servings)

- 1 can palmiini lasagna sheets, drained (225 g/ 8 oz)
- 500 g ground beef (1.1 lb)
- 1 1/4 cups Homemade Marinara Sauce, 1 recipe (300 ml/ 10 fl oz)
- 1 1/2 cups grated mozzarella cheese (170 g/ 6 oz)
- 1/2 cup grated Parmesan cheese (45 g/ 1.6 oz)

Instructions

1. Open the Palmiini cans and drain the liquid by pouring the content of both cans in a colander.
2. Rinse the palmiini slices with water and set aside.
3. Meanwhile, prepare the Marinara Sauce and the beef.
4. Place the ground meat in a cast iron skillet or a non stick pan. (If using cast iron, add a few tablespoons of water.) Cook over a medium-high heat until browned and opaque, for about 10 minutes. Add the Marinara Sauce and cook to heat through. Take off the heat.
5. 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional)
6. Lay the palmiini slices in a single layer on the bottom of a medium sized deep tray (I used a 20 x 30 cm/ 8 x 12 inch tray). Add half of the prepared meat mixture and evenly spread on top.
7. Sprinkle with about a third of the grated mozzarella cheese.
8. Add another layer of palmiini slices.
9. Top with the remaining beef mixture and sprinkle with another third of grated mozzarella.
10. Add the remaining palmiini slices. (*Note: I was 2 slices short so I opened another can but you can just spread them out more and use one can.*)
11. Top with the remaining one third of grated mozzarella and add grated Parmesan cheese.
12. Place in the oven and bake for 20 minutes, until golden brown and bubbly on top. Remove from the oven and let it cool down slightly

before serving.

13. Optionally, sprinkle with some fresh basil and serve warm.

This keto palmiini lasagna can be stored in the fridge for up to 4 days or freezer for up to 3 months.

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