

Keto Eggplant Lasagna



Ingredients: ground beef, eggplant, mozzarella cheese, diced tomatoes, pasta sauce, ricotta cheese, spinach, egg, tomato paste, onion flakes, basil, garlic powder, cayenne pepper, salt pepper.

Nutrition Facts

Per serving (½ lasagna):

Calories 281

Fat 17.8g

Carbs 8.8g

Fiber 3.6g

Protein 22.9g

Net Carbs 5.2g