



## Awesome Lasagna (No-Boil, Easy)

READY IN



90 min.

SERVINGS



12

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.3 lbs ground sausage italian (I use spicy)
- 28 ounce pasta sauce
- 14.5 ounce canned tomatoes diced canned
- 1.5 cups water
- 1 garlic clove chopped
- 1 teaspoon seasoning italian
- 12 ounces ricotta cheese ()
- 3 cups mozzarella cheese grated
- 0.5 cup parmesan cheese grated

- 2 eggs
- 1 tablespoon parsley
- 0.5 teaspoon pepper black
- 8 ounce lasagne pasta sheets uncooked

## Equipment

- bowl
- frying pan
- oven
- aluminum foil

## Directions

- Heat oven to 35
- In large pan, brown italian sausage; drain.
- Add spaghetti sauce, diced tomatoes, water, garlic and italian seasoning. Cover and simmer for 10-15 minutes.
- In medium bowl, combine ricotta, 2 cups of the mozzarella, parmesan, eggs, parsley and pepper.
- Mix well.
- Pour about 1 cup of the sauce on bottom of 9x13 pan.
- Arrange 3 uncooked lasagna noodles over sauce; cover with about 1 cup sauce.
- Spread 1/2 the cheese filling over sauce.
- Repeat layers of lasagna, sauce and cheese filling.
- Top with layer of lasagna and remaining sauce; sprinkle with remaining 1 cup mozzarella cheese.
- Cover with foil and bake at 350 for 45 minutes.
- Remove foil; bake an additional 15 minutes.
- Let stand 10 minutes before cutting.

## Nutrition Facts



■ PROTEIN **20.89%** ■ FAT **57.68%** ■ CARBS **21.43%**

## Properties

Glycemic Index:25.5, Glycemic Load:8.03, Inflammation Score:-6, Nutrition Score:16.230434863464%

## Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 422.94kcal (21.15%), Fat: 27.2g (41.84%), Saturated Fat: 12.33g (77.08%), Carbohydrates: 22.75g (7.58%), Net Carbohydrates: 20.39g (7.41%), Sugar: 4.77g (5.3%), Cholesterol: 103.39mg (34.46%), Sodium: 989.76mg (43.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.16g (44.32%), Selenium: 36.89µg (52.7%), Phosphorus: 317.44mg (31.74%), Calcium: 279.24mg (27.92%), Vitamin B1: 0.34mg (22.95%), Vitamin B12: 1.29µg (21.44%), Vitamin B2: 0.34mg (19.74%), Manganese: 0.37mg (18.68%), Zinc: 2.79mg (18.58%), Vitamin B6: 0.33mg (16.43%), Vitamin A: 782.54IU (15.65%), Potassium: 533.41mg (15.24%), Vitamin B3: 3.01mg (15.07%), Iron: 2.36mg (13.09%), Copper: 0.26mg (12.76%), Magnesium: 45.58mg (11.39%), Vitamin C: 9.25mg (11.21%), Vitamin K: 11.38µg (10.84%), Vitamin E: 1.62mg (10.79%), Fiber: 2.36g (9.42%), Vitamin B5: 0.85mg (8.53%), Folate: 27.57µg (6.89%), Vitamin D: 0.34µg (2.24%)