



WHATSheATE



HEALTH SCORE

52%

Chorizo & pepper lasagne

READY IN



80 min.

SERVINGS



6

CALORIES



671 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 2 onion sliced
- ☐ 200 g chorizo sausage cut halved sliced
- ☐ 1 pasilla peppers diced deseeded (4, any mix of colours)
- ☐ 500 ml passata
- ☐ 500 g spices: paprika powder 1
- ☐ 1 eggs
- ☐ 100 g lancashire cheese red grated
- ☐ 300 g lasagne pasta sheets dried (9 sheets)

☐ 1 small handful basil

Equipment

☐ frying pan

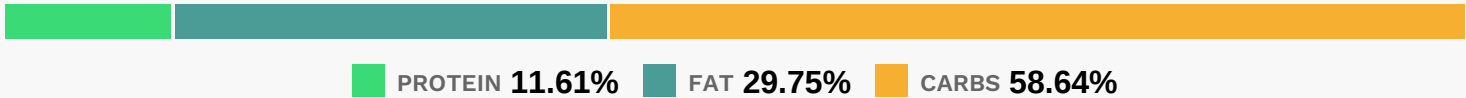
☐ oven

☐ wok

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Heat the oil in a large, deep frying pan or wok, then cook the onions for 5–10 mins or until they start to colour.
- ☐ Add the chorizo, peppers and some seasoning, and cook for a few mins.
- ☐ Pour in the passata with 150ml water, then cover and cook for 10 mins.
- ☐ Meanwhile, beat the fromage frais and egg with the cheese, then season.
- ☐ Spoon a third of the tomato sauce mixture into the base of a deep lasagne dish. Put 3 sheets of lasagne in a single layer on top, then cover with a third more sauce and 3 more lasagne sheets. Cover with the remainder of the sauce and sheets, then pour the cheese sauce on top.
- ☐ Bake for 40–50 mins until the topping is set and starting to colour.
- ☐ Serve sprinkled with basil leaves.

Nutrition Facts



Properties

Glycemic Index:24.83, Glycemic Load:15.83, Inflammation Score:-9, Nutrition Score:36.05565243182%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.51mg, Quercetin: 11.51mg,

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Nutrients (% of daily need)

Calories: 671.04kcal (33.55%), Fat: 24.21g (37.25%), Saturated Fat: 12.39g (77.42%), Carbohydrates: 107.4g (35.8%), Net Carbohydrates: 90.83g (33.03%), Sugar: 14.13g (15.7%), Cholesterol: 67.96mg (22.65%), Sodium: 167.19mg (7.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.25g (42.51%), Manganese: 13.89mg (694.4%), Iron: 19.34mg (107.42%), Calcium: 723.71mg (72.37%), Fiber: 16.57g (66.29%), Vitamin C: 53.6mg (64.97%), Selenium: 44.82µg (64.03%), Magnesium: 170.33mg (42.58%), Copper: 0.83mg (41.73%), Phosphorus: 334.7mg (33.47%), Potassium: 1165.77mg (33.31%), Vitamin B6: 0.63mg (31.67%), Vitamin K: 31.14µg (29.65%), Vitamin E: 3.89mg (25.96%), Zinc: 3.65mg (24.33%), Vitamin B3: 4.17mg (20.86%), Vitamin A: 1004.7IU (20.09%), Vitamin B2: 0.31mg (18.46%), Vitamin B1: 0.21mg (13.83%), Folate: 54.31µg (13.58%), Vitamin B5: 0.78mg (7.81%), Vitamin B12: 0.2µg (3.31%)