



Classic-Style Lasagne

READY IN



27 min.

SERVINGS



12

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large eggs lightly beaten
- ☐ 8 oz mushrooms fresh sliced
- ☐ 10 oz pkt spinach frozen thawed chopped
- ☐ 9 oz barilla oven ready lasagne
- ☐ 32 oz ricotta cheese low-fat
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1.3 pounds pork sausage italian
- ☐ 16 oz mozzarella-provolone cheese blend shredded
- ☐ 48 oz tomato-and-basil pasta sauce

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Cook sausage and mushrooms in a lightly greased large Dutch oven over medium-high heat, stirring occasionally, 10 to 12 minutes or until meat crumbles and is no longer pink.
- ☐ Drain and return to Dutch oven. Stir in pasta sauce.
- ☐ Drain spinach well, pressing between paper towels. Stir together spinach, ricotta cheese, egg, and Parmesan cheese in a large bowl until blended.
- ☐ Arrange 2 lasagne noodles in a single layer in a lightly greased 8-inch square baking dish; layer evenly with 3/4 cup spinach mixture, 1 cup sausage mixture, and 1/2 cup cheese blend. Repeat layers twice, gently pressing layers to compact. Top with 2 noodles, 1 cup sausage mixture, and 1/2 cup cheese blend. (Dish will be full.) Repeat procedure with remaining ingredients in another lightly greased 8-inch square baking dish.
- ☐ Place both dishes on an aluminum foil-lined baking sheet.
- ☐ Bake, covered, at 350 for 40 minutes; uncover and bake 8 to 10 more minutes or until bubbly.
- ☐ Let stand 10 minutes before serving.
- ☐ Note: To freeze, prepare as directed through Step Cover baking dishes tightly with aluminum foil. Freeze up to 1 month. Thaw overnight in the refrigerator.
- ☐ Let stand at room temperature 30 minutes.
- ☐ Bake, covered, at 350 for 1 hour. Uncover and bake 15 more minutes or until bubbly.

Nutrition Facts



 PROTEIN **23.15%**  FAT **52.64%**  CARBS **24.21%**

Properties

Glycemic Index:7.25, Glycemic Load:0.36, Inflammation Score:-10, Nutrition Score:24.304347598034%

Nutrients (% of daily need)

Calories: 572.73kcal (28.64%), Fat: 33.43g (51.44%), Saturated Fat: 15.58g (97.35%), Carbohydrates: 34.59g (11.53%), Net Carbohydrates: 29.33g (10.67%), Sugar: 9.54g (10.6%), Cholesterol: 112.15mg (37.38%), Sodium: 1193.44mg (51.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.09g (66.18%), Vitamin K: 89.52µg (85.25%), Vitamin A: 4167.52IU (83.35%), Calcium: 602.14mg (60.21%), Phosphorus: 452.11mg (45.21%), Selenium: 24.02µg (34.31%), Vitamin B2: 0.48mg (28.3%), Zinc: 3.72mg (24.83%), Potassium: 833.23mg (23.81%), Vitamin B12: 1.27µg (21.23%), Fiber: 5.26g (21.05%), Vitamin B3: 3.15mg (15.74%), Folate: 53.76µg (13.44%), Iron: 2.34mg (13.02%), Vitamin B6: 0.26mg (12.9%), Vitamin B1: 0.19mg (12.89%), Magnesium: 49.92mg (12.48%), Vitamin B5: 1.06mg (10.62%), Manganese: 0.19mg (9.68%), Vitamin C: 7.47mg (9.05%), Copper: 0.17mg (8.28%), Vitamin D: 1.02µg (6.81%), Vitamin E: 0.98mg (6.54%)