



Deep Dish Lasagna

READY IN



110 min.

SERVINGS



12

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce tomato sauce canned
- ☐ 1.5 teaspoons basil leaves dried
- ☐ 3 eggs
- ☐ 0.7 cup parsley fresh divided chopped
- ☐ 0.5 tablespoon garlic minced
- ☐ 2 teaspoons garlic salt
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 pound sausage sweet italian
- ☐ 1.5 teaspoons penzey's southwest seasoning italian

- ☐ 12 lasagna noodles uncooked
- ☐ 0.7 cup onions chopped
- ☐ 1.5 teaspoons oregano dried
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 pound part-skim ricotta cheese
- ☐ 3 cups mozzarella cheese shredded
- ☐ 10 ounce pkt spinach dried thawed chopped
- ☐ 18 ounce tomato paste canned
- ☐ 2 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

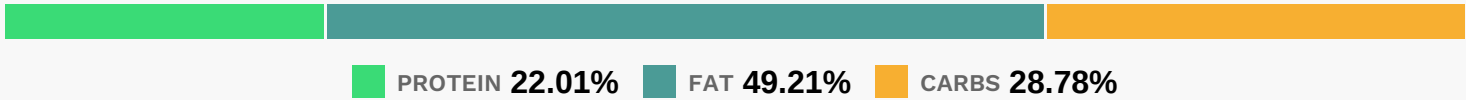
Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13-inch baking dish.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add lasagna noodles and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In skillet over medium heat, brown the sausage with the onions, garlic and 1/2 the parsley; drain excess fat.
- ☐ Add tomato paste, tomato sauce, water, Italian seasoning, oregano, and basil; mix well. Simmer, covered, for 5 minutes; stirring occasionally.
- ☐ In a bowl, combine remaining parsley and ricotta, spinach, Parmesan, eggs, garlic salt, and pepper; mix well.
- ☐ Spread 2 cups sauce in the bottom of the prepared baking dish. Begin layering with 4 noodles, 1/2 cheese mix, 1/3 remaining sauce, and 1 cup mozzarella. Repeat this layer again; the last

layer will be noodles, sauce and mozzarella cheese. Cover pan with aluminum foil.

- ☐ Bake in the preheated oven for 45 minutes.
- ☐ Remove the foil; bake, uncovered, an additional 10 minutes, or until cheese is bubbly and starting to brown.
- ☐ Let cool 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:28.58, Glycemic Load:10.48, Inflammation Score:-10, Nutrition Score:26.299130709275%

Flavonoids

Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 438.62kcal (21.93%), Fat: 24.11g (37.09%), Saturated Fat: 10.94g (68.37%), Carbohydrates: 31.73g (10.58%), Net Carbohydrates: 28.43g (10.34%), Sugar: 4.86g (5.4%), Cholesterol: 107.11mg (35.7%), Sodium: 1224.16mg (53.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.26g (48.53%), Vitamin K: 178.42µg (169.92%), Vitamin A: 3180.69IU (63.61%), Selenium: 43.81µg (62.58%), Phosphorus: 364.01mg (36.4%), Calcium: 362.34mg (36.23%), Manganese: 0.69mg (34.55%), Vitamin B2: 0.39mg (23.19%), Vitamin C: 18.99mg (23.02%), Vitamin B1: 0.33mg (21.95%), Folate: 83.25µg (20.81%), Zinc: 3.12mg (20.79%), Vitamin B12: 1.25µg (20.77%), Iron: 3.38mg (18.77%), Potassium: 654.12mg (18.69%), Vitamin B6: 0.36mg (18.13%), Magnesium: 72.02mg (18%), Copper: 0.31mg (15.42%), Vitamin B3: 2.9mg (14.51%), Fiber: 3.29g (13.17%), Vitamin E: 1.9mg (12.67%), Vitamin B5: 0.9mg (9.02%), Vitamin D: 0.39µg (2.6%)