



Easy Lasagna

READY IN



70 min.

SERVINGS



8

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large eggs lightly beaten
- 16 oz mozzarella cheese shredded italian
- 9 no boil lasagna noodles
- 15 oz part-skim ricotta
- 52 oz pasta sauce
- 0.3 cup basil pesto refrigerated
- 1 pound ground sausage italian

Equipment

- frying pan
- oven
- baking pan

Directions

- Remove and discard casings from sausage. Cook sausage in a large skillet over medium heat, stirring until meat crumbles and is no longer pink; drain.
- Stir together ricotta cheese, pesto, and egg.
- Spread half of 1 jar pasta sauce evenly in a lightly greased 13- x 9-inch baking dish.
- Layer with 3 lasagna noodles (noodles should not touch each other or sides of dish), half of ricotta mixture, half of sausage, 1 cup three-cheese blend, and remaining half of 1 jar pasta sauce. Repeat layers using 3 lasagna noodles, remaining ricotta mixture, remaining sausage, 1 cup three-cheese blend. Top with remaining 3 noodles and second jar of pasta sauce, covering noodles completely.
- Sprinkle evenly with remaining 2 cups three-cheese blend.
- Bake, covered, at 350 for 40 minutes. Uncover and bake 15 more minutes or until cheese is melted and edges are lightly browned and bubbly.
- Let stand 15 minutes.
- Note: For testing purposes only, we used Classico Tomato & Basil spaghetti sauce and Barilla Lasagne Oven-Ready noodles.

Nutrition Facts



PROTEIN 21.68% **FAT 58.38%** **CARBS 19.94%**

Properties

Glycemic Index:12.5, Glycemic Load:3.6, Inflammation Score:-8, Nutrition Score:21.362174023753%

Nutrients (% of daily need)

Calories: 595.11kcal (29.76%), Fat: 39.02g (60.03%), Saturated Fat: 17.23g (107.71%), Carbohydrates: 29.98g (9.99%), Net Carbohydrates: 26.37g (9.59%), Sugar: 7.94g (8.82%), Cholesterol: 137.27mg (45.76%), Sodium: 1791.2mg (77.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.61g (65.21%), Selenium: 35.6µg (50.86%), Calcium: 482.89mg (48.29%), Phosphorus: 440.63mg (44.06%), Vitamin B12: 2.02µg (33.64%), Vitamin A: 1575.29IU (31.51%), Vitamin B2: 0.5mg (29.55%), Vitamin B1: 0.4mg (26.46%), Zinc: 3.87mg (25.79%), Potassium:

857.71mg (24.51%), Vitamin B6: 0.39mg (19.65%), Vitamin E: 2.86mg (19.09%), Vitamin B3: 3.77mg (18.87%), Iron: 3.08mg (17.09%), Vitamin C: 14.03mg (17.01%), Fiber: 3.61g (14.44%), Copper: 0.29mg (14.3%), Magnesium: 55.64mg (13.91%), Manganese: 0.25mg (12.71%), Vitamin B5: 1.16mg (11.63%), Folate: 34.94µg (8.73%), Vitamin K: 6.85µg (6.53%), Vitamin D: 0.41µg (2.7%)