



Easy Turkey Lasagna

READY IN



15 min.

SERVINGS



8

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups pd of ground turkey cooked
- 6 no-cook lasagna noodles
- 0.5 cup parmesan cheese shredded
- 26 oz fire-roasted tomato-and-garlic pasta sauce
- 15 oz ricotta cheese
- 8 oz mozzarella cheese shredded

Equipment

- oven

baking pan

Directions

- Stir together ground turkey and pasta sauce. Stir together ricotta cheese and Parmesan cheese.
- Spread one-third of meat sauce in a lightly greased 11- x 7-inch baking dish; layer with 3 lasagna noodles and half each of ricotta cheese mixture and shredded mozzarella cheese. Repeat procedure once.
- Spread remaining one-third of meat sauce over mozzarella cheese.
- Bake, covered, at 375 for 1 hour; uncover and bake 15 more minutes.
- Let stand 10 minutes before serving.
- Note: For testing purposes only, we used Classico Fire Roasted Tomato & Garlic pasta sauce and Barilla Oven Ready Lasagne.
- Freeze Frame: If using frozen cooked ingredients, add 15 minutes to your bake time. If the recipe is covered during the first part of baking, then you'll add the 15 minutes to the covered baking time.

Nutrition Facts


PROTEIN 38.35% **FAT 38.57%** **CARBS 23.08%**

Properties

Glycemic Index:21, Glycemic Load:8.54, Inflammation Score:-7, Nutrition Score:20.085217569185%

Nutrients (% of daily need)

Calories: 396.56kcal (19.83%), Fat: 17.09g (26.29%), Saturated Fat: 9.67g (60.44%), Carbohydrates: 23.01g (7.67%), Net Carbohydrates: 20.96g (7.62%), Sugar: 4.33g (4.81%), Cholesterol: 100.16mg (33.39%), Sodium: 803.54mg (34.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.24g (76.47%), Selenium: 46.4µg (66.29%), Phosphorus: 483.82mg (48.38%), Vitamin B3: 9.56mg (47.81%), Vitamin B6: 0.88mg (44.11%), Calcium: 347.04mg (34.7%), Zinc: 3.6mg (24%), Vitamin B12: 1.33µg (22.21%), Vitamin B2: 0.37mg (21.51%), Potassium: 652.49mg (18.64%), Vitamin A: 897.04IU (17.94%), Magnesium: 63.69mg (15.92%), Manganese: 0.31mg (15.46%), Vitamin B5: 1.3mg (12.99%), Iron: 2.19mg (12.14%), Copper: 0.23mg (11.59%), Vitamin E: 1.53mg (10.23%), Fiber: 2.05g (8.22%), Vitamin C: 6.45mg (7.82%), Vitamin B1: 0.11mg (7.41%), Folate: 27.62µg (6.91%), Vitamin D: 0.59µg (3.92%), Vitamin K: 3.94µg (3.76%)