



## Free-Form Lasagna

READY IN



55 min.

SERVINGS



6

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 28 oz canned tomatoes crushed canned
- 2 tablespoons basil fresh finely chopped
- 8 ounces sausage sweet italian hot
- 12 lasagna noodles
- 0.5 teaspoon oregano dried
- 1 cup parmesan grated
- 2 cups ricotta (not nonfat)
- 6 servings salt

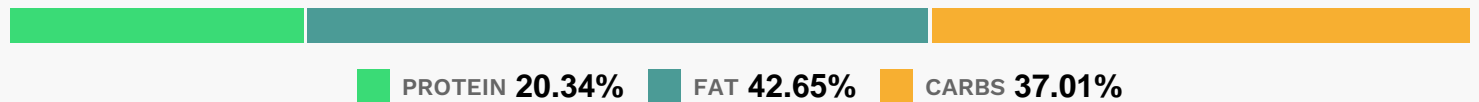
## Equipment

- bowl
- frying pan
- pot
- microwave

## Directions

- Bring a large pot of salted water to boil.
- Cook sausage in a skillet over medium-high heat, breaking up large pieces, until it loses its pink color, about 5 minutes. Stir in tomatoes, oregano and 1/2 tsp. salt, reduce heat to medium-low and simmer until thick, stirring occasionally, about 20 minutes.
- Combine ricotta, Parmesan and basil in a medium microwave-safe bowl.
- Add noodles to boiling water; cook until just tender, 10 minutes or as package label directs. Just before noodles are done, microwave ricotta mixture on high for 30 seconds, stirring once.
- Drain noodles well.
- Spread 1 1/2 Tbsp. sauce on each of 4 dinner plates.
- Place a noodle on top and spread with 1 1/2 Tbsp. cheese mixture. Top with 1 1/2 Tbsp. sauce. Repeat with noodles, cheese mixture and sauce, ending with a layer of sauce.
- Sprinkle Parmesan on top.
- Serve, passing additional Parmesan.

## Nutrition Facts



## Properties

Glycemic Index:39.5, Glycemic Load:20.42, Inflammation Score:-7, Nutrition Score:22.623478189759%

## Nutrients (% of daily need)

Calories: 590.65kcal (29.53%), Fat: 28.11g (43.24%), Saturated Fat: 14.06g (87.89%), Carbohydrates: 54.89g (18.3%), Net Carbohydrates: 50.5g (18.36%), Sugar: 7.68g (8.54%), Cholesterol: 82.22mg (27.41%), Sodium: 984.6mg (42.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.16g (60.32%), Selenium: 61.31µg (87.58%), Phosphorus: 448.75mg (44.88%), Calcium: 435.96mg (43.6%), Manganese: 0.8mg (40.12%), Vitamin B1: 0.38mg (25.47%), Copper: 0.46mg (23.03%), Vitamin B2: 0.38mg (22.58%), Vitamin B6: 0.44mg (22.24%), Zinc: 3.25mg (21.67%), Potassium: 714.38mg (20.41%), Vitamin B3: 3.94mg (19.71%), Magnesium: 78.74mg (19.68%), Iron: 3.43mg (19.05%), Fiber: 4.39g (17.55%), Vitamin A: 820.48IU (16.41%), Vitamin C: 13.05mg (15.82%), Vitamin B12: 0.82µg (13.75%), Vitamin E: 1.88mg (12.52%), Vitamin K: 12.06µg (11.49%), Folate: 42.24µg (10.56%), Vitamin B5: 1.06mg (10.56%), Vitamin D: 0.25µg (1.66%)