



Italian Sausage and Mushroom Lasagna with Bechamel Sauce

READY IN



125 min.

SERVINGS



15

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound bulk mild sausage italian
- 3 tablespoons butter
- 1 cup cremini mushrooms divided chopped
- 1 tablespoon parsley dried
- 1 eggs
- 3 tablespoons flour all-purpose
- 1 pinch ground nutmeg
- 2 cups milk low-fat

- 48 ounce tomatoes divided
- 9 ounce no-boil lasagna noodles divided
- 0.5 cup parmesan cheese divided grated
- 16 ounce part-skim mozzarella cheese shredded divided
- 15 ounce part-skim ricotta cheese
- 1 pinch salt

Equipment

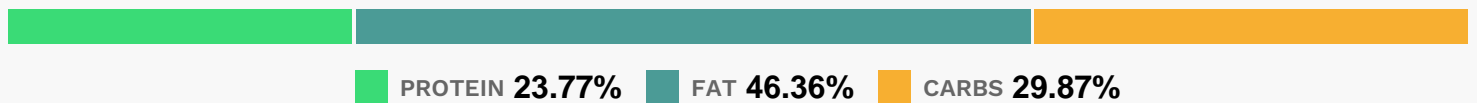
- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C). Spray a 9x13-inch baking dish with cooking spray.
- Place the sausage in a skillet over medium heat and cook until browned and crumbly, about 10 minutes.
- Drain the sausage and set aside.
- To make bechamel sauce, melt the butter in a saucepan over medium heat and whisk in the flour. Allow the flour and butter to cook until light and foamy, about 2 minutes, whisking constantly; whisk in milk, a little at a time.
- Whisk in the salt and nutmeg and bring the sauce to a bare simmer, whisking constantly until thickened, about 10 minutes.
- Remove sauce from the heat and set aside.
- In a bowl, beat the egg and stir in the ricotta cheese and parsley until thoroughly combined.

- To assemble lasagna, pour about 1 1/2 cup of marinara sauce into the bottom of the prepared baking dish and top the sauce with 4 lasagna noodles, overlapping if necessary. On the noodles, layer 1/3 of the ricotta mixture, followed by 1/3 of the cooked sausage, 1/3 cup of mushrooms, 1/4 of the bechamel sauce, 1 cup of the mozzarella cheese, 1/8 cup of the Parmesan cheese and 1 more cup of marinara sauce. Repeat the layers twice more, ending with a final layer of noodles topped with a layer of marinara sauce, bechamel sauce, the remaining mozzarella cheese, and remaining Parmesan cheese. Cover the dish with foil.
- Bake in the preheated oven until bubbly and the noodles are tender, about 1 hour.
- Remove foil and bake until the top cheese layer is browned, about 5 more minutes. Allow the lasagna to stand for 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:17.87, Glycemic Load:2.43, Inflammation Score:-6, Nutrition Score:12.259565301563%

Flavonoids

Apigenin: 6mg, Apigenin: 6mg, Apigenin: 6mg, Apigenin: 6mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg

Nutrients (% of daily need)

Calories: 309.86kcal (15.49%), Fat: 16.2g (24.93%), Saturated Fat: 8.44g (52.78%), Carbohydrates: 23.49g (7.83%), Net Carbohydrates: 21.4g (7.78%), Sugar: 5.65g (6.28%), Cholesterol: 68.63mg (22.88%), Sodium: 859.44mg (37.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.69g (37.39%), Calcium: 403.17mg (40.32%), Phosphorus: 305.98mg (30.6%), Selenium: 17.92µg (25.59%), Vitamin B2: 0.33mg (19.56%), Vitamin A: 826.1IU (16.52%), Potassium: 497.34mg (14.21%), Zinc: 2.08mg (13.84%), Vitamin B12: 0.74µg (12.34%), Vitamin B1: 0.16mg (10.4%), Vitamin E: 1.5mg (10.01%), Vitamin B6: 0.19mg (9.75%), Vitamin B3: 1.77mg (8.85%), Magnesium: 33.7mg (8.43%), Fiber: 2.09g (8.35%), Vitamin C: 6.82mg (8.27%), Copper: 0.17mg (8.26%), Iron: 1.43mg (7.93%), Manganese: 0.15mg (7.42%), Vitamin B5: 0.7mg (7.02%), Folate: 22.31µg (5.58%), Vitamin K: 5.33µg (5.08%), Vitamin D: 0.55µg (3.64%)