



Italian Sausage Lasagna

READY IN



90 min.

SERVINGS



8

CALORIES



620 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 ounce tomato sauce canned
- 14.5 ounce canned tomatoes diced canned
- 1 teaspoon basil dried
- 1 teaspoon parsley dried
- 1 teaspoon rosemary dried
- 1 tablespoon garlic powder
- 1 pound ground sausage italian
- 1 teaspoon ground thyme
- 1 teaspoon penzey's southwest seasoning italian

- 16 ounce lasagna noodles
- 1 teaspoon oregano dried
- 1 teaspoon salt
- 1 teaspoon greek seasoning
- 16 ounce mozzarella cheese shredded

Equipment

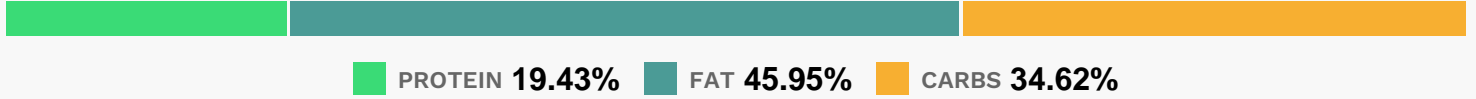
- bowl
- frying pan
- oven
- pot
- glass baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring a large pot of water and 1 teaspoon salt to a boil. Cook lasagna noodles in the boiling water, stirring occasionally, until cooked through but firm to the bite, about 8 minutes.
- Drain and rinse under cold water.
- Heat a large skillet over medium-high heat and stir in Italian sausage. Cook and stir until sausage is crumbly, evenly browned, and no longer pink, about 10 minutes.
- Drain and discard any excess grease.
- Add diced tomatoes, tomato sauce, 1 tablespoon Italian seasoning, 1 tablespoon Greek seasoning, 1 tablespoon oregano, 1 tablespoon basil, 1 tablespoon parsley, 1 tablespoon thyme, 1 teaspoon rosemary, 1 tablespoon garlic powder, and 1 teaspoon salt; stir well. Simmer until flavors have blended, about 20 minutes.
- Set aside 1/2 cup mozzarella cheese.
- Mix remaining mozzarella cheese with 1 teaspoon Italian seasoning, 1 teaspoon Greek seasoning, 1 teaspoon oregano, 1 teaspoon basil, 1 teaspoon parsley, 1 teaspoon thyme, and 1 teaspoon rosemary in a large bowl.
- Spoon a layer of meat sauce into the bottom of a 9x13-inch glass baking dish; place 3 to 4 lasagna noodles atop meat sauce layer.

- Spread another layer of meat sauce over lasagna noodles; sprinkle a layer of the seasoned mozzarella cheese. Repeat layering with remaining ingredients and top casserole with the reserved 1/2 cup plain mozzarella cheese.
- Bake in the preheated oven until sauce is bubbling and cheese is melted, 30 to 40 minutes.
- Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:20.02, Inflammation Score:-8, Nutrition Score:23.929999921633%

Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg

Nutrients (% of daily need)

Calories: 620.47kcal (31.02%), Fat: 31.76g (48.87%), Saturated Fat: 14.09g (88.04%), Carbohydrates: 53.86g (17.95%), Net Carbohydrates: 49.13g (17.86%), Sugar: 7.46g (8.29%), Cholesterol: 87.88mg (29.29%), Sodium: 1536.12mg (66.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.22g (60.43%), Selenium: 60.65µg (86.65%), Phosphorus: 434.24mg (43.42%), Manganese: 0.84mg (42.23%), Calcium: 362.08mg (36.21%), Vitamin B1: 0.46mg (30.41%), Vitamin B12: 1.81µg (30.14%), Zinc: 3.87mg (25.83%), Vitamin B6: 0.46mg (23.14%), Vitamin B2: 0.38mg (22.43%), Vitamin B3: 4.41mg (22.05%), Iron: 3.88mg (21.57%), Potassium: 746.94mg (21.34%), Copper: 0.42mg (21.19%), Magnesium: 77.39mg (19.35%), Fiber: 4.73g (18.93%), Vitamin A: 887.32IU (17.75%), Vitamin K: 17.86µg (17.01%), Vitamin E: 2.27mg (15.14%), Vitamin C: 11.94mg (14.47%), Vitamin B5: 1.04mg (10.38%), Folate: 36.95µg (9.24%), Vitamin D: 0.23µg (1.51%)