



Italian Sausage Lasagna

READY IN



130 min.

SERVINGS



8

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb sausage meat italian
- ☐ 0.5 cup onion chopped
- ☐ 1 clove garlic crushed
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 1 teaspoon sugar
- ☐ 2 cups canned tomatoes diced organic undrained (from 28-oz can)
- ☐ 15 oz tomato sauce organic canned
- ☐ 12 oz lasagne pasta sheets uncooked

- ☐ 15 oz curd cottage cheese (2 cups)
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 tablespoon oregano dried fresh chopped
- ☐ 8 oz mozzarella cheese shredded
- ☐ 0.3 cup parmesan cheese grated

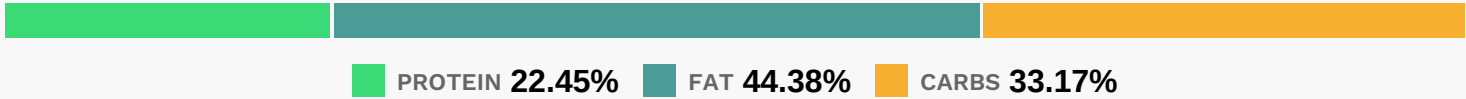
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ In 10-inch skillet, cook sausage, onion and garlic over medium heat, stirring occasionally, until sausage is no longer pink; drain.
- ☐ Stir in 2 tablespoons of the parsley, the basil, sugar, tomatoes and tomato sauce.
- ☐ Heat to boiling, stirring occasionally. Reduce heat to low; simmer uncovered about 45 minutes or until slightly thickened.
- ☐ Heat oven to 350°F. Cook and drain noodles as directed on package.
- ☐ In medium bowl, mix ricotta cheese, 1/4 cup Parmesan cheese, remaining 1 tablespoon parsley and the oregano.
- ☐ Spread 1 cup of the sauce mixture in ungreased 13x9-inch (3-quart) glass baking dish. Top with 4 noodles.
- ☐ Spread 1 cup of the cheese mixture over noodles; spread with 1 cup of the sauce mixture.
- ☐ Sprinkle with 2/3 cup of the mozzarella cheese. Repeat with 4 noodles, the remaining cheese mixture, 1 cup of the sauce mixture and 2/3 cup of the mozzarella cheese. Top with remaining noodles and sauce mixture.
- ☐ Sprinkle with remaining mozzarella cheese and 1/4 cup Parmesan cheese.
- ☐ Cover; bake 30 minutes. Uncover; bake about 15 minutes longer or until hot and bubbly.
- ☐ Let stand 15 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:46.39, Glycemic Load:16.18, Inflammation Score:-8, Nutrition Score:21.945652236109%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 535.55kcal (26.78%), Fat: 26.46g (40.7%), Saturated Fat: 10.79g (67.43%), Carbohydrates: 44.5g (14.83%), Net Carbohydrates: 40.51g (14.73%), Sugar: 8.38g (9.31%), Cholesterol: 77.69mg (25.9%), Sodium: 1151.38mg (50.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.12g (60.23%), Selenium: 39.87µg (56.96%), Phosphorus: 421.76mg (42.18%), Vitamin K: 42.83µg (40.79%), Manganese: 0.68mg (33.85%), Calcium: 310.81mg (31.08%), Vitamin B3: 4.83mg (24.15%), Vitamin B12: 1.44µg (24.02%), Zinc: 3.51mg (23.41%), Vitamin B6: 0.45mg (22.4%), Vitamin B2: 0.36mg (21.36%), Potassium: 704.36mg (20.12%), Iron: 3.47mg (19.27%), Vitamin B1: 0.28mg (19%), Copper: 0.37mg (18.75%), Magnesium: 69.75mg (17.44%), Vitamin A: 863.83IU (17.28%), Fiber: 3.99g (15.96%), Vitamin C: 12.55mg (15.22%), Vitamin E: 1.99mg (13.24%), Vitamin B5: 1.28mg (12.83%), Folate: 36.83µg (9.21%), Vitamin D: 0.93µg (6.23%)