



Italian Sausage Lasagna (lighter)

READY IN



130 min.

SERVINGS



8

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb sausage meat italian reduced-fat
- ☐ 0.5 cup onion chopped
- ☐ 1 clove garlic finely chopped
- ☐ 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 reduced-fat (2 cups)
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 tablespoon oregano dried fresh chopped
- ☐ 8 oz mozzarella cheese shredded reduced-fat
- ☐ 0.3 cup parmesan cheese grated

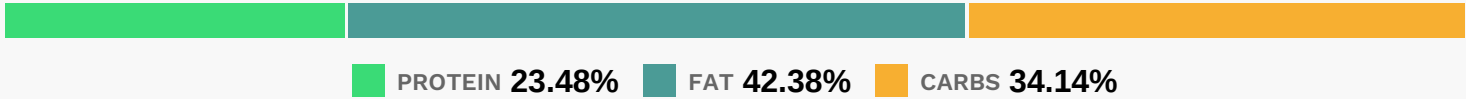
Equipment

- ☐ 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:43.01, Glycemic Load:16.01, Inflammation Score:-8, Nutrition Score:22.009565353394%

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: 522.51kcal (26.13%), Fat: 24.63g (37.9%), Saturated Fat: 9.93g (62.05%), Carbohydrates: 44.66g (14.89%), Net Carbohydrates: 40.67g (14.79%), Sugar: 8.41g (9.34%), Cholesterol: 73.44mg (24.48%), Sodium: 1149.12mg (49.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.71g (61.42%), Selenium: 39.13µg (55.91%), Phosphorus: 452.67mg (45.27%), Vitamin K: 42.63µg (40.6%), Calcium: 389.34mg (38.93%), Manganese: 0.67mg (33.57%), Vitamin B3: 4.83mg (24.15%), Zinc: 3.47mg (23.1%), Vitamin B6: 0.46mg (22.87%), Vitamin B2: 0.37mg (21.69%), Potassium: 706.62mg (20.19%), Copper: 0.38mg (18.95%), Iron: 3.41mg (18.92%), Vitamin B1: 0.28mg (18.77%), Magnesium: 70.6mg (17.65%), Vitamin B12: 1.03µg (17.12%), Vitamin A: 808.55IU (16.17%), Fiber: 3.99g (15.96%), Vitamin C: 12.55mg (15.22%), Vitamin E: 1.97mg (13.14%), Vitamin B5: 1.27mg (12.65%), Folate: 37.4µg (9.35%), Vitamin D: 0.91µg (6.04%)