



Lasagna Cupcakes with Sausage and Mango Chutney

READY IN

ready

50 min.

SERVINGS

servings

12

CALORIES

calories

353 kcal

Ingredients

- ☐ 0.3 cup basil fresh whole chopped
- ☐ 28 ounce canned tomatoes crushed
- ☐ 1 pound mild chicken sausage italian
- ☐ 1 stick cinnamon (1-inch)
- ☐ 4 cloves garlic minced
- ☐ 12 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup mango chutney
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion diced finely

- ☐ 0.8 cup parmesan freshly grated plus more for topping
- ☐ 0.8 cup part-skim ricotta
- ☐ 1.5 cups mozzarella cheese shredded plus more for topping
- ☐ 0.3 cup tomato paste
- ☐ 1 package wonton wrappers (at least 48)

Equipment

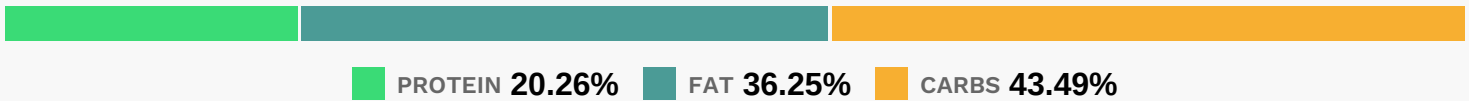
- ☐ frying pan
- ☐ oven
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ For the meat sauce: In a large skillet over medium-high heat, warm the olive oil until it shimmers.
- ☐ Add the cinnamon stick and whole cloves.
- ☐ Add the onion, sprinkle with a little salt and saute until softened but not browned.
- ☐ Add the garlic and saute until fragrant, about 1 minute longer.
- ☐ Add the sausage, breaking up the clumps with your spoon. Cook until the sausage is no longer pink, 2 to 3 minutes. Stir in the tomato paste and cook 1 to 2 minutes.
- ☐ Add the crushed tomatoes, 1/4 cup chopped basil, as well as some salt and pepper. Stir to combine and simmer uncovered, for about 15 minutes, stirring every now and then. Allow the meat sauce to cool, about 15 minutes before building lasagna cupcakes. As the meat sauce is cooking, prepare the ricotta filling.
- ☐ For the ricotta filling: Stir together the ricotta, 3/4 cup Parmesan, 3/4 cup mozzarella and mango chutney. Season with lots of pepper, about a teaspoon and set aside.
- ☐ To assemble the cupcakes: Pull out your favorite cupcake pan. If your pan is not nonstick, spray the cups with cooking spray.
- ☐ Place a wonton wrapper in each cup. Don't worry if you're using square ones.
- ☐ Drop about 1 tablespoon of meat sauce into the bottom of each cup. Then add 1 teaspoon of ricotta filling. Then cover with another wonton wrapper, rotating it about 90 degrees so that

- the corners of the first wrapper and the second wrapper aren't right on top of each other. Repeat this until you've built 3 layers total. Top each with a small basil leaf, then another wonton wrapper. Finish each cupcake with a spoonful of meat sauce, a little shredded mozzarella and pinch of grated Parmesan.
- ☐ Pop them into the oven and bake for 20 minutes. When time's up, resist the temptation to eat them right away or else you'll burn your mouth!
 - ☐ Let them rest on the counter for about 10 minutes, and they should slip out of the muffin tin easily. Top with more shredded basil if you like.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:5.75, Inflammation Score:-6, Nutrition Score:12.229130452094%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 352.8kcal (17.64%), Fat: 14.44g (22.21%), Saturated Fat: 5.2g (32.52%), Carbohydrates: 38.98g (12.99%), Net Carbohydrates: 36.31g (13.2%), Sugar: 9.43g (10.48%), Cholesterol: 50.18mg (16.73%), Sodium: 1136.52mg (49.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.16g (36.31%), Selenium: 18.04µg (25.78%), Calcium: 239.66mg (23.97%), Manganese: 0.48mg (23.93%), Phosphorus: 185.03mg (18.5%), Vitamin B1: 0.27mg (17.82%), Vitamin B2: 0.29mg (16.82%), Iron: 2.93mg (16.28%), Vitamin B3: 3.09mg (15.44%), Folate: 48.9µg (12.22%), Vitamin C: 10.04mg (12.17%), Vitamin A: 594.71IU (11.89%), Copper: 0.23mg (11.28%), Fiber: 2.67g (10.68%), Potassium: 349.22mg (9.98%), Vitamin E: 1.47mg (9.83%), Zinc: 1.32mg (8.78%), Vitamin B6: 0.17mg (8.39%), Magnesium: 33.36mg (8.34%), Vitamin K: 8.31µg (7.91%), Vitamin B12: 0.45µg (7.44%), Vitamin B5: 0.31mg (3.13%)