

Lasagna Toss

READY IN



40 min.

SERVINGS



8

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup curd cottage cheese
- 1 pound ground sausage italian
- 2 cups penne pasta uncooked
- 2 cups mozzarella cheese shredded divided
- 26 ounce pasta sauce ragu® robusto® (such as Sauteed Onion & Garlic Pasta Sauce)

Equipment

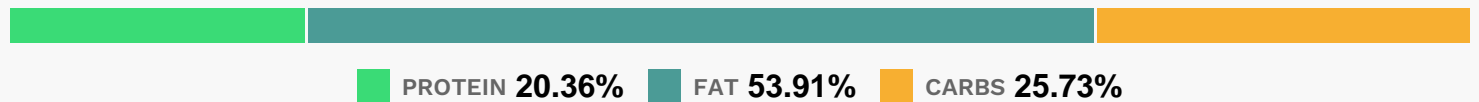
- frying pan
- oven

- pot
- baking pan

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Grease a 2.5 quart baking dish.
- Bring a large pot of lightly salted water to a boil.
- Place pasta in the pot, cook for 8 to 10 minutes, until tender, and drain.
- Cook and stir the Italian sausage in a large skillet over medium heat until browned, about 8 to 10 minutes.
- Drain the fat from the meat, pour the cooked pasta and spaghetti sauce into the skillet, and stir well to combine. Bring the mixture to a boil.
- Pour half of the hot pasta-sausage mixture into the prepared baking dish, spread with the cottage cheese in an even layer, and sprinkle with half the mozzarella cheese.
- Spread the remaining pasta mixture over the cheese, and top with the remaining mozzarella cheese.
- Cover and bake in the preheated oven for about 25 minutes, until the casserole is hot and the cheese is melted and bubbling.
- Let it stand 5 minutes to firm up before serving.

Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:10.53, Inflammation Score:-5, Nutrition Score:15.135652145614%

Nutrients (% of daily need)

Calories: 432.36kcal (21.62%), Fat: 25.85g (39.77%), Saturated Fat: 10.64g (66.5%), Carbohydrates: 27.76g (9.25%), Net Carbohydrates: 25.48g (9.27%), Sugar: 5.02g (5.58%), Cholesterol: 69.67mg (23.22%), Sodium: 1111.13mg (48.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.97g (43.95%), Selenium: 39.7µg (56.71%), Phosphorus: 299.4mg (29.94%), Vitamin B1: 0.38mg (25.66%), Vitamin B12: 1.27µg (21.12%), Manganese: 0.4mg (19.92%), Calcium: 192.2mg (19.22%), Vitamin B2: 0.29mg (17.3%), Zinc: 2.54mg (16.91%), Vitamin B3: 3.29mg (16.45%), Vitamin B6: 0.32mg (16.14%), Potassium: 528.39mg (15.1%), Vitamin A: 624.98IU (12.5%), Copper: 0.24mg (12.16%), Iron: 2.06mg (11.45%), Magnesium: 44.36mg (11.09%), Vitamin E: 1.43mg (9.55%), Vitamin C: 7.58mg

(9.19%), Fiber: 2.28g (9.13%), Vitamin B5: 0.88mg (8.81%), Folate: 23µg (5.75%), Vitamin K: 3.25µg (3.1%)