



Lasagna with Sausage Ragù

READY IN



180 min.

SERVINGS



8

CALORIES



632 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 1 pound bulk sausage sweet italian (or 1 lb. sausage links removed from their casings)
- ☐ 7 tbsp butter
- ☐ 28 oz canned tomatoes whole with your hands crushed finely chopped canned
- ☐ 0.5 cup carrots cut into 1/4-in. dice
- ☐ 0.5 cup celery cut into 1/4-in. dice
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup flour
- ☐ 12 ounces lasagna noodles (see Notes)

- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.5 cup onion cut into 1/4-in. dice
- ☐ 1 cup parmesan grated
- ☐ 1.5 tsp salt
- ☐ 1 tablespoon vegetable oil
- ☐ 4 cups milk whole

Equipment

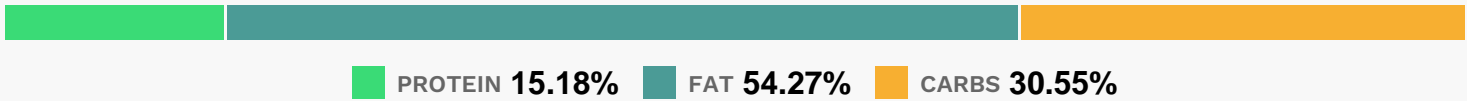
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ kitchen towels

Directions

- ☐ In a large, heavy-bottomed saucepan, melt 2 tbsp. butter in oil over medium heat.
- ☐ Add onion and cook until golden, about 5 minutes.
- ☐ Add carrots and celery and cook 5 more minutes.
- ☐ Add sausage and 1/2 tsp. salt, breaking up meat with a wooden spoon, and cook until meat loses its raw color.
- ☐ Add 1 cup milk and cook over medium heat, stirring, until completely absorbed, 10 to 12 minutes. (The milk will appear quite curdled at this point; don't be alarmed.)
- ☐ Add wine and cook until reduced by half, about 3 minutes.
- ☐ Add tomatoes, bring to a boil, lower heat, and gently simmer, uncovered, 2 hours. Season with salt and pepper to taste.
- ☐ After the rag has cooked for 1 1/2 hours, make the bchamel by melting remaining 5 tbsp. butter in a heavy-bottomed saucepan over medium heat.

- ☐ Add flour and cook, stirring constantly, until it turns light golden brown, about 5 minutes. Slowly drizzle in remaining 3 cups milk, whisking constantly. Bring to a simmer and continue to cook, whisking, until thickened, about 10 minutes. Season with remaining 1 tsp. salt, nutmeg, and pepper to taste.
- ☐ Preheat oven to 37
- ☐ Cook lasagna noodles according to package directions, being careful not to overcook.
- ☐ Drain and lay flat on dish towels, making sure the noodles do not overlap. Butter the bottom of a 9- by 13-in. baking dish and coat with about 1/2 cup of rag.
- ☐ Add a single layer of noodles (for most brands this is 4 sheets per layer).
- ☐ Spread on 1/3 of the bchamel; top bchamel with 1/4 of the remaining rag, then 1/4 of the parmesan. Repeat layering two more times, covering final layer with remaining rag and parmesan.
- ☐ Cover lasagna with buttered aluminum foil and bake 20 minutes. Uncover and bake an additional 10 minutes, or until the top browns slightly.
- ☐ Let sit 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:60.35, Glycemic Load:17.87, Inflammation Score:-9, Nutrition Score:21.648260697075%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 632.39kcal (31.62%), Fat: 37.55g (57.77%), Saturated Fat: 17.52g (109.53%), Carbohydrates: 47.55g (15.85%), Net Carbohydrates: 44.56g (16.2%), Sugar: 10.53g (11.7%), Cholesterol: 92.94mg (30.98%), Sodium:

1333.27mg (57.97%), Alcohol: 1.54g (100%), Alcohol %: 0.5% (100%), Protein: 23.63g (47.26%), Selenium: 47.72µg (68.17%), Vitamin A: 2087.49IU (41.75%), Phosphorus: 407.11mg (40.71%), Calcium: 361.17mg (36.12%), Vitamin B1: 0.52mg (34.78%), Manganese: 0.6mg (29.87%), Vitamin B2: 0.42mg (24.83%), Vitamin B6: 0.46mg (23.21%), Vitamin B12: 1.35µg (22.43%), Potassium: 695.38mg (19.87%), Vitamin B3: 3.8mg (18.99%), Zinc: 2.7mg (18.01%), Magnesium: 67.09mg (16.77%), Iron: 2.58mg (14.36%), Vitamin C: 11.77mg (14.27%), Copper: 0.26mg (13.01%), Fiber: 2.99g (11.97%), Vitamin B5: 1.19mg (11.9%), Vitamin K: 10.68µg (10.17%), Vitamin D: 1.4µg (9.36%), Vitamin E: 1.31mg (8.75%), Folate: 34.43µg (8.61%)