



Lasagna with Sausage Ragu Redux

READY IN



45 min.

SERVINGS



6

CALORIES



560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 28 oz canned tomatoes whole with your hands crushed finely chopped canned
- 0.5 cup carrots chopped
- 0.5 cup celery chopped
- 0.5 cup wine dry white such as chardonnay
- 1 large eggs
- 1 pound turkey sausage italian
- 12 ounces lasagne pasta sheets
- 2.5 cups cottage cheese 1% low-fat ()

- 1 cup milk 1% low-fat ()
- 0.3 teaspoon nutmeg freshly grated
- 2 tbsp olive oil divided
- 0.5 cup onion chopped
- 0.5 cup parmesan cheese divided freshly grated
- 1 teaspoon salt divided
- 1 cup sacramento tomato juice

Equipment

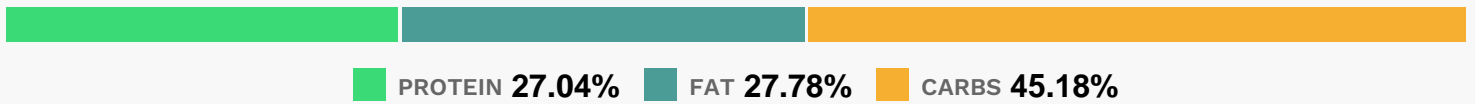
- food processor
- sauce pan
- oven
- baking pan
- aluminum foil
- kitchen towels

Directions

- In a large, heavy saucepan, heat 1 tbsp. oil over medium heat.
- Add onion; saut until golden, 5 minutes. Stir in celery and carrot; cook 5 more minutes.
- Add sausage and 1/2 tsp. salt, breaking up meat with a spoon, and cook until it loses its raw color.
- Add milk and cook over medium heat, stirring, until completely evaporated, 10 to 12 minutes. (The mixture will appear quite curdled at this point.)
- Add wine and cook until reduced by half, about 3 minutes.
- Add tomatoes and juice, bring to a boil, lower heat, and gently simmer, uncovered. Cook rag until liquid reduces by a third, about 30 minutes. Season with 1/4 tsp. pepper and remaining 1/2 tsp. salt.
- In a food processor, whirl cottage cheese, egg, 1/4 cup parmesan, remaining 1/4 tsp. pepper, and the nutmeg until smooth.
- Preheat oven to 37

- Cook lasagna noodles according to package directions; don't overcook.
- Drain noodles and lay flat on kitchen towels without overlapping. Oil a 9- by 13-in. baking dish and spread with about 1/2 cup rag.
- Add a single layer of noodles (for most brands this is 3 sheets per layer).
- Spread with a third of ragu, then top with another layer of noodles, half the cheese mixture, and another layer of noodles. Repeat layering, giving you 2 alternating layers of sauce and cheese. Cover with remaining third of rag and sprinkle evenly with remaining parmesan.
- Cover lasagna with oiled foil and bake until hot, 30 minutes.
- Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:49.36, Glycemic Load:18.27, Inflammation Score:-9, Nutrition Score:29.655652066936%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 560.28kcal (28.01%), Fat: 16.88g (25.97%), Saturated Fat: 5.82g (36.37%), Carbohydrates: 61.74g (20.58%), Net Carbohydrates: 57.04g (20.74%), Sugar: 14.47g (16.08%), Cholesterol: 84.05mg (28.02%), Sodium: 1856.86mg (80.73%), Alcohol: 2.06g (100%), Alcohol %: 0.51% (100%), Protein: 36.96g (73.93%), Selenium: 67.79µg (96.84%), Iron: 9.95mg (55.26%), Vitamin C: 44.58mg (54.03%), Phosphorus: 529.14mg (52.91%), Vitamin A: 2499.71IU (49.99%), Manganese: 0.8mg (40.13%), Vitamin B6: 0.72mg (35.82%), Vitamin B2: 0.55mg (32.08%), Calcium: 271.11mg (27.11%), Vitamin B3: 5.31mg (26.53%), Potassium: 879.51mg (25.13%), Zinc: 3.74mg (24.93%), Vitamin B12: 1.34µg (22.42%), Magnesium: 87.29mg (21.82%), Copper: 0.42mg (20.85%), Fiber: 4.7g (18.8%), Vitamin B5: 1.68mg (16.81%), Vitamin B1: 0.25mg (16.5%), Folate: 59.32µg (14.83%), Vitamin E: 2.01mg (13.39%), Vitamin K: 12.21µg (11.63%), Vitamin D: 0.64µg (4.27%)