



Lasagna with Turkey Sausage Bolognese

 Gluten Free

READY IN



90 min.

SERVINGS



10

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup carrots diced
- ☐ 0.5 cup wine dry white
- ☐ 1 cup basil fresh divided chopped
- ☐ 3 large garlic clove pressed
- ☐ 2 tablespoons olive oil
- ☐ 2 cups onion chopped
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 1.3 cups parmesan cheese divided freshly grated

- ☐ 15 ounce ricotta cheese
- ☐ 5 cups canned tomatoes with added puree (from two 28-ounce cans) crushed
- ☐ 1 pound turkey sausage italian

Equipment

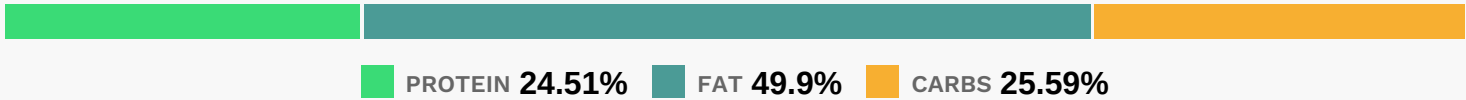
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oil in large nonstick skillet over medium-high heat.
- ☐ Add onions, carrot, and fennel seeds; sauté 5 minutes.
- ☐ Add sausage and garlic; sauté until sausage is cooked through, breaking into pieces, 8 to 10 minutes.
- ☐ Add wine; boil 1 minute.
- ☐ Add tomatoes, 1/2 cup basil, and oregano. Bring to boil. Reduce heat; simmer until sauce thickens, about 10 minutes. Season with salt and pepper.
- ☐ Combine ricotta, mozzarella, 1 cup Parmesan, and 1/2 cup basil in medium bowl; stir to blend. Season with pepper. DO AHEAD: Sauce and cheese mixture can be made 1 day ahead. Cover separately; chill.
- ☐ Place noodles in large bowl; cover with hot water. Soak until pliable, separating occasionally, about 30 minutes.
- ☐ Drain well.
- ☐ Preheat oven to 375°F.
- ☐ Spread 1 cup sauce over bottom of 13 x 9 x 2-inch glass baking dish. Cover with 4 noodles, arranging crosswise. Drop 1/4 of cheese mixture over by tablespoonfuls; spread out. Top with 1 cup sauce, then 4 noodles and 1/3 of remaining cheese mixture. Repeat 2 more times with 1 cup sauce, 4 noodles, and 1/2 of cheese mixture.
- ☐ Spread any remaining sauce over.
- ☐ Sprinkle with 1/4 cup Parmesan.

- ☐
- Bake lasagna uncovered until heated through and puffed, about 50 minutes.
- ☐
- Let stand 10 to 15 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:3.85, Inflammation Score:-9, Nutrition Score:18.769999980927%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg

Nutrients (% of daily need)

Calories: 291.56kcal (14.58%), Fat: 16.24g (24.98%), Saturated Fat: 7.48g (46.72%), Carbohydrates: 18.74g (6.25%), Net Carbohydrates: 14.82g (5.39%), Sugar: 8.73g (9.7%), Cholesterol: 56.6mg (18.87%), Sodium: 841.98mg (36.61%), Alcohol: 1.24g (100%), Alcohol %: 0.56% (100%), Protein: 17.94g (35.88%), Iron: 6.74mg (37.44%), Vitamin A: 1836.34IU (36.73%), Vitamin C: 28.4mg (34.43%), Selenium: 21.7µg (30.99%), Phosphorus: 286.95mg (28.7%), Calcium: 281.62mg (28.16%), Vitamin K: 25.99µg (24.75%), Vitamin B6: 0.46mg (23.06%), Manganese: 0.42mg (21.08%), Potassium: 610.58mg (17.45%), Vitamin B2: 0.29mg (17.04%), Vitamin B3: 3.39mg (16.93%), Zinc: 2.47mg (16.46%), Copper: 0.32mg (15.99%), Fiber: 3.91g (15.65%), Vitamin E: 2.28mg (15.18%), Magnesium: 54.22mg (13.56%), Vitamin B1: 0.16mg (10.39%), Folate: 36.66µg (9.16%), Vitamin B5: 0.91mg (9.11%), Vitamin B12: 0.51µg (8.47%)