



WHATSheATE



Lasagna with Turkey Sausage Bolognese



Gluten Free

READY IN



90 min.

SERVINGS



10

CALORIES



294 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
- ☐ 1 tablespoon fennel seeds with pestle crushed

Equipment

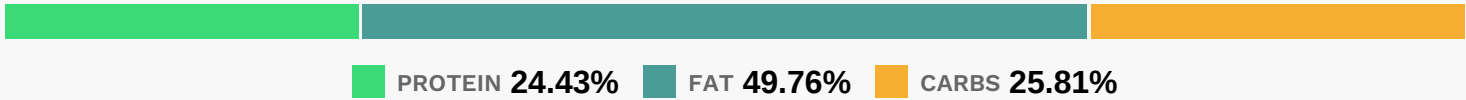
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ glass baking pan

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:19.059130647908%

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: 293.63kcal (14.68%), Fat: 16.33g (25.12%), Saturated Fat: 7.48g (46.74%), Carbohydrates: 19.05g (6.35%), Net Carbohydrates: 14.9g (5.42%), Sugar: 8.73g (9.7%), Cholesterol: 56.6mg (18.87%), Sodium: 842.5mg (36.63%), Alcohol: 1.24g (100%), Alcohol %: 0.56% (100%), Protein: 18.04g (36.07%), Iron: 6.85mg (38.06%), Vitamin A: 1837.15IU (36.74%), Vitamin C: 28.53mg (34.58%), Selenium: 21.7µg (30.99%), Phosphorus: 289.88mg (28.99%), Calcium: 288.79mg (28.88%), Vitamin K: 25.99µg (24.75%), Vitamin B6: 0.46mg (23.21%), Manganese: 0.46mg (23.04%), Potassium: 620.74mg (17.74%), Vitamin B2: 0.29mg (17.16%), Vitamin B3: 3.42mg (17.12%), Fiber: 4.15g (16.61%), Zinc: 2.49mg (16.6%), Copper: 0.33mg (16.31%), Vitamin E: 2.28mg (15.18%), Magnesium: 56.53mg (14.13%), Vitamin B1: 0.16mg (10.55%), Folate: 36.66µg (9.16%), Vitamin B5: 0.91mg (9.11%), Vitamin B12: 0.51µg (8.47%)