



Pumpkin Lasagna

READY IN

ready

85 min.

SERVINGS

servings

8

CALORIES

calories

744 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce tomato sauce canned
- ☐ 1 large eggs
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 cloves garlic sliced
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 16 ounce lasagna noodles
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 1 medium onion chopped

- ☐ 0.5 teaspoon oregano dried
- ☐ 1 cup pumpkin puree
- ☐ 0.5 cup red wine
- ☐ 2.5 cups ricotta cheese
- ☐ 0.5 cup romano cheese shredded
- ☐ 1 pound spicy sausage italian
- ☐ 2 cups mozzarella cheese shredded
- ☐ 1 large zucchini very thinly sliced

Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ baking pan
- ☐ wooden spoon

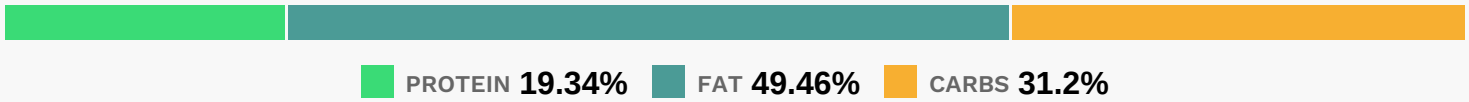
Directions

- ☐ Preheat the oven to 350 degrees.
- ☐ Place the pumpkin puree in a fine sieve over a bowl; set aside to drain while you make the sauce.
- ☐ Heat 1 tablespoon olive oil in a medium pot over medium heat.
- ☐ Add the onion and saute until translucent, 6 to 7 minutes.
- ☐ Add the garlic and cook until fragrant, 2 more minutes.
- ☐ Add the sausage and cook until brown, breaking it up with a wooden spoon.
- ☐ Pour in the wine and cook until reduced by half. Stir in the tomato sauce and herbs and bring to a simmer over medium-low heat. Season with salt and pepper, cover and reduce the heat to low. Simmer 15 minutes, stirring occasionally.
- ☐ Meanwhile, bring a large pot of salted water to a boil.

- ☐
- Add the lasagna noodles and cook as the label directs.

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Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:20.32, Inflammation Score:-10, Nutrition Score:31.9399999880998%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 744.47kcal (37.22%), Fat: 40.4g (62.15%), Saturated Fat: 18.42g (115.11%), Carbohydrates: 57.35g (19.12%), Net Carbohydrates: 52.36g (19.04%), Sugar: 8.35g (9.27%), Cholesterol: 134.49mg (44.83%), Sodium: 1413.85mg

(61.47%), Alcohol: 1.59g (100%), Alcohol %: 0.46% (100%), Protein: 35.55g (71.09%), Vitamin A: 6070.75IU (121.41%), Selenium: 69.84µg (99.77%), Phosphorus: 533.4mg (53.34%), Vitamin K: 47.48µg (45.22%), Manganese: 0.87mg (43.65%), Calcium: 435.39mg (43.54%), Vitamin B2: 0.54mg (31.96%), Vitamin B1: 0.46mg (30.52%), Zinc: 4.26mg (28.43%), Vitamin B6: 0.54mg (26.91%), Potassium: 909.08mg (25.97%), Vitamin B12: 1.54µg (25.72%), Vitamin C: 20.71mg (25.1%), Magnesium: 89.93mg (22.48%), Vitamin B3: 4.3mg (21.5%), Iron: 3.83mg (21.3%), Copper: 0.42mg (21.07%), Fiber: 4.99g (19.95%), Vitamin E: 2.51mg (16.72%), Folate: 58.14µg (14.53%), Vitamin B5: 1.41mg (14.12%), Vitamin D: 0.42µg (2.82%)