



WHATSHEATE



Quick Sausage and Mushroom Lasagna

READY IN



60 min.

SERVINGS



10

CALORIES



712 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce crimini mushrooms sliced (baby bella)
- ☐ 1 cup wine dry red
- ☐ 3 garlic clove pressed
- ☐ 8 cups pizza cheese italian grated
- ☐ 1 pound ground sausage italian hot
- ☐ 9 ounce lasagne pasta sheets
- ☐ 4.7 cups tomatoes (from two 26-ounce jars)
- ☐ 2 tablespoons olive oil
- ☐ 2 cups onion chopped

- ☐ 15 ounce ricotta cheese
- ☐ 2 tablespoons seasoning dried italian

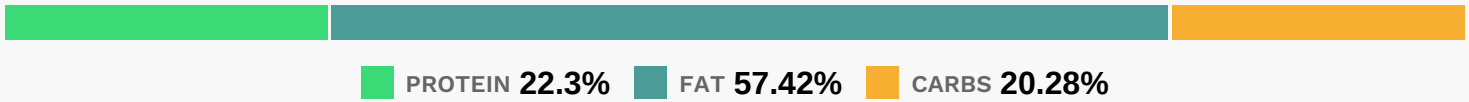
Equipment

- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F.
- ☐ Heat oil in heavy large pot over high heat.
- ☐ Add mushrooms, onion, and seasoning blend; sauté until vegetables begin to soften, about 6 minutes.
- ☐ Add sausage and sauté until brown and cooked through, breaking up with back of spoon, about 5 minutes.
- ☐ Add garlic and stir 1 minute.
- ☐ Add wine; cook until almost all liquid evaporates, scraping up browned bits, about 2 minutes. Set aside.
- ☐ Spread 2/3 cup marinara sauce over bottom of 13x9x2-inch baking dish.
- ☐ Place noodles (about
- ☐ over sauce, forming 1 layer (noodles may overlap slightly).
- ☐ Spread 1 cup sauce over noodles. Top with 1/3 of ricotta, then 1 cup grated cheese. Spoon 1/3 of sausage mixture over. Repeat 2 more times with noodles, sauce, ricotta, grated cheese, and sausage mixture. Cover with 4 more noodles. Spoon remaining 1 cup sauce over; sprinkle remaining 1 cup grated cheese over. Cover with foil, tenting in center to prevent cheese from touching foil.
- ☐ Bake lasagna 45 minutes; remove foil.
- ☐ Bake until bubbling at edges and cheese is browned, about 10 minutes longer.
- ☐ Let stand 15 minutes.

Nutrition Facts



Properties

Glycemic Index:20.4, Glycemic Load:10.81, Inflammation Score:-7, Nutrition Score:19.731304381205%

Flavonoids

Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg Malvidin: 6.3mg, Malvidin: 6.3mg, Malvidin: 6.3mg, Malvidin: 6.3mg Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg 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: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 712.09kcal (35.6%), Fat: 45.78g (70.44%), Saturated Fat: 12.76g (79.77%), Carbohydrates: 36.4g (12.13%), Net Carbohydrates: 32.61g (11.86%), Sugar: 7.05g (7.84%), Cholesterol: 74.08mg (24.69%), Sodium: 1085.47mg (47.19%), Alcohol: 2.52g (100%), Alcohol %: 0.75% (100%), Protein: 40g (80%), Selenium: 46.35µg (66.22%), Calcium: 329.91mg (32.99%), Vitamin B2: 0.49mg (28.58%), Manganese: 0.56mg (27.79%), Phosphorus: 277.26mg (27.73%), Vitamin B1: 0.38mg (25%), Copper: 0.5mg (24.94%), Vitamin B3: 4.9mg (24.49%), Potassium: 822.04mg (23.49%), Vitamin B6: 0.41mg (20.63%), Zinc: 2.51mg (16.71%), Vitamin E: 2.32mg (15.46%), Iron: 2.77mg (15.41%), Vitamin B5: 1.52mg (15.19%), Fiber: 3.79g (15.17%), Vitamin C: 11.58mg (14.04%), Vitamin A: 702.03IU (14.04%), Magnesium: 51.91mg (12.98%), Vitamin K: 11.74µg (11.18%), Folate: 43.43µg (10.86%), Vitamin B12: 0.6µg (10.05%)