



Sausage and Mixed Mushroom Lasagna

READY IN



140 min.

SERVINGS



8

CALORIES



783 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings serving suggestions: salad and garlic bread green
- 28 ounce canned tomatoes whole crushed canned
- 1 large eggs
- 7 ounces lasagna sheets fresh
- 2 tablespoons parsley fresh chopped
- 2 cloves garlic thinly sliced
- 1 pound sausage sweet italian
- 8 servings kosher salt and pepper freshly ground
- 8 ounce mushrooms mixed coarsely chopped

- 1 pound mozzarella cheese
- 2 tablespoons olive oil extra-virgin
- 1 teaspoon oregano dried
- 30 ounce ricotta cheese

Equipment

- frying pan
- oven
- pot
- baking pan
- aluminum foil
- box grater

Directions

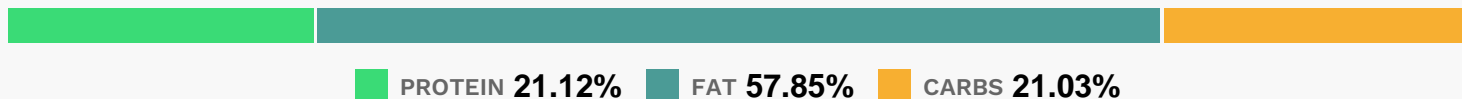
- Preheat the oven to 350 degrees F. In a medium pot heat 1 tablespoon of the oil over medium-high heat.
- Add the garlic and cook until fragrant, about 1 minute.
- Add the tomatoes with their juices, oregano, 3/4 teaspoon salt and 1/4 teaspoon pepper. Bring to a simmer and continue to cook until the tomatoes soften and the sauce thickens, 20 minutes, breaking up the tomatoes with a spoon as they soften. Reserve 2/3 cup of the sauce for assembling the lasagna and set the rest aside.
- Meanwhile, heat the remaining 1 tablespoon oil in a large skillet over medium-high heat and add the mushrooms. Cook until the mushrooms have released their liquid, 5 to 7 minutes.
- Add the sausage and continue to cook, breaking the sausage up with a spoon, until the sausage is browned and cooked through, another 10 minutes.
- Add the tomato sauce and stir to combine.
- Thinly slice about a quarter of the mozzarella and set aside; grate the rest on a box grater.
- Combine the grated cheese with the ricotta and the egg.
- Spread the reserved 2/3 cup tomato sauce in the bottom of a 9-by-13-inch baking dish. Top with 1 pasta sheet, a third of the ricotta mixture and a third of the meat sauce. Repeat with the remaining pasta, ricotta and meat sauce. Cover with foil and bake until the sauce is

bubbling around the edges and the pasta is tender, about 45 minutes.

Remove the foil, top with the sliced mozzarella and continue to bake until the cheese is melted, 15 minutes more.

Let stand for 20 minutes and sprinkle with chopped parsley before serving with a green salad and some garlic bread.

Nutrition Facts



Properties

Glycemic Index:34.71, Glycemic Load:10.96, Inflammation Score:-8, Nutrition Score:30.358695838762%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 782.83kcal (39.14%), Fat: 50.61g (77.86%), Saturated Fat: 23.67g (147.91%), Carbohydrates: 41.41g (13.8%), Net Carbohydrates: 37.54g (13.65%), Sugar: 7.57g (8.41%), Cholesterol: 183.46mg (61.15%), Sodium: 1335.17mg (58.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.57g (83.14%), Selenium: 51.43µg (73.47%), Phosphorus: 603.73mg (60.37%), Calcium: 600.01mg (60%), Vitamin B1: 0.73mg (48.45%), Vitamin B2: 0.79mg (46.31%), Manganese: 0.8mg (40.07%), Vitamin B12: 2.3µg (38.38%), Zinc: 5.16mg (34.43%), Vitamin B3: 6.75mg (33.77%), Vitamin K: 29.2µg (27.81%), Folate: 110.38µg (27.59%), Vitamin B6: 0.55mg (27.31%), Iron: 4.86mg (27.03%), Vitamin A: 1204.23IU (24.08%), Potassium: 779.35mg (22.27%), Magnesium: 81.49mg (20.37%), Copper: 0.4mg (20.19%), Vitamin B5: 1.77mg (17.66%), Fiber: 3.87g (15.48%), Vitamin C: 11.89mg (14.41%), Vitamin E: 2.14mg (14.28%), Vitamin D: 0.68µg (4.52%)