



Sausage and Peppers Lasagna

READY IN



90 min.

SERVINGS



12

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 lasagna noodles cooked
- 16 ounce philadelphia cream cheese softened
- 0.5 cup bell pepper green chopped
- 0.5 pound sausage italian
- 2.5 cups low-moisture part-skim mozzarella cheese shredded divided kraft
- 0.5 cup milk
- 1 onion chopped
- 0.5 teaspoon oregano leaves dried
- 0.5 cup parmesan cheese divided grated kraft

- 0.5 cup bell pepper red chopped
- 24 ounce spaghetti sauce
- 12 slices pepperidge farm® garlic texas toast prepared
- 0.5 cup water

Equipment

- frying pan
- oven
- blender
- baking pan
- aluminum foil

Directions

- Heat oven to 350 degrees F.
- Brown sausage with onions and peppers. Meanwhile, beat cream cheese and milk with mixer until well blended.
- Combine mozzarella and Parmesan. Reserve 1-1/2 cups; mix remaining with cream cheese mixture.
- Drain sausage; return to skillet. Stir spaghetti sauce, water and oregano into meat sauce.
- Spread 1/3 of meat sauce onto bottom of 13x9-inch baking dish; cover with 3 noodles and half the cream cheese mixture. Top with 3 noodles, half the remaining meat sauce and 3 noodles. Cover with layers of remaining cream cheese mixture, noodles, meat sauce and reserved cheese. Cover with foil sprayed with cooking spray.
- Bake 1 hour or until heated through, removing foil after 45 min.
- Let stand 15 min. before cutting to serve.
- Serve with toast.

Nutrition Facts



PROTEIN 14.5% FAT 53.01% CARBS 32.49%

Properties

Glycemic Index:21.71, Glycemic Load:10.49, Inflammation Score:-7, Nutrition Score:14.639130328013%

Flavonoids

Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 536.15kcal (26.81%), Fat: 31.9g (49.08%), Saturated Fat: 15.1g (94.38%), Carbohydrates: 43.99g (14.66%), Net Carbohydrates: 40.63g (14.78%), Sugar: 7.33g (8.15%), Cholesterol: 72.32mg (24.11%), Sodium: 958.33mg (41.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.63g (39.26%), Iron: 7.74mg (43.03%), Selenium: 29.19µg (41.69%), Calcium: 288.8mg (28.88%), Phosphorus: 267.75mg (26.77%), Vitamin A: 1136.85IU (22.74%), Vitamin C: 17.97mg (21.78%), Vitamin B2: 0.28mg (16.27%), Manganese: 0.31mg (15.29%), Fiber: 3.36g (13.43%), Zinc: 1.87mg (12.44%), Vitamin B6: 0.23mg (11.63%), Vitamin B1: 0.16mg (10.93%), Potassium: 373.42mg (10.67%), Vitamin B12: 0.56µg (9.29%), Vitamin E: 1.37mg (9.16%), Magnesium: 36mg (9%), Copper: 0.17mg (8.28%), Vitamin B3: 1.59mg (7.97%), Vitamin B5: 0.66mg (6.62%), Folate: 21.98µg (5.5%), Vitamin K: 4.17µg (3.98%), Vitamin D: 0.2µg (1.35%)