



Sausage and Zucchini Lasagna

READY IN



70 min.

SERVINGS



6

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound sausage meat
- 1 egg whites
- 6 no boil lasagna noodles
- 0.5 cup parmesan cheese grated
- 1 pound ricotta cheese
- 8 ounces mozzarella cheese shredded
- 2 cups pasta sauce divided
- 1 tablespoon vegetable oil
- 2 zucchini sliced quartered

Equipment

- bowl
- frying pan
- oven
- baking pan
- spatula

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Pour about 1/4 cup of spaghetti sauce into the bottom of a 9x13-inch baking dish.
- Heat vegetable oil in a large skillet over medium heat; cook and stir the sausage and zucchini until the meat is no longer pink and the zucchini pieces are tender, 10 to 12 minutes.
- Drain excess fat from the skillet, and set the sausage mixture aside. While the sausage and zucchinis are cooking, mix together the ricotta cheese, egg white, mozzarella cheese, and 1/4 cup of Parmesan cheese in a bowl until well combined.
- Place 3 lasagna noodles into the bottom of the baking dish on top of the spaghetti sauce, overlapping noodles slightly if necessary.
- Spread half the sausage-zucchini mixture on top of the noodles.
- Spread half the cheese mixture over the meat and zucchini, and pour 1 cup of spaghetti sauce evenly over the cheese mixture.
- Spread the sauce over the cheese mixture with a spoon or spatula. Repeat layers, starting with 3 more noodles, the rest of the sausage mixture, the rest of the cheese mixture, and 1 more cup of spaghetti sauce.
- Sprinkle the top with 1/2 cup of Parmesan cheese.
- Bake in the preheated oven until the lasagna is bubbling and the Parmesan cheese has browned, about 45 minutes.

Nutrition Facts

  

 PROTEIN **22.4%**  FAT **62.34%**  CARBS **15.26%**

Properties

Glycemic Index:23.67, Glycemic Load:2.45, Inflammation Score:-7, Nutrition Score:19.87521739628%

Flavonoids

Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 627.47kcal (31.37%), Fat: 43.7g (67.23%), Saturated Fat: 19.62g (122.61%), Carbohydrates: 24.06g (8.02%), Net Carbohydrates: 21.54g (7.83%), Sugar: 5.5g (6.11%), Cholesterol: 138.13mg (46.04%), Sodium: 1327.77mg (57.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.33g (70.67%), Phosphorus: 455.77mg (45.58%), Calcium: 450.08mg (45.01%), Selenium: 21.92µg (31.32%), Vitamin B12: 1.88µg (31.31%), Vitamin B2: 0.51mg (30.11%), Zinc: 4.37mg (29.15%), Vitamin A: 1205IU (24.1%), Vitamin B3: 4.79mg (23.95%), Vitamin B6: 0.47mg (23.57%), Potassium: 775.54mg (22.16%), Vitamin C: 17.94mg (21.75%), Vitamin B1: 0.28mg (18.7%), Magnesium: 53.94mg (13.48%), Iron: 2.36mg (13.11%), Vitamin E: 1.78mg (11.87%), Manganese: 0.23mg (11.52%), Vitamin B5: 1.14mg (11.44%), Vitamin K: 11.41µg (10.87%), Copper: 0.2mg (10.15%), Fiber: 2.52g (10.08%), Folate: 36.2µg (9.05%), Vitamin D: 1.33µg (8.85%)