



Sausage, Bell Pepper, and Onion Lasagna

READY IN



45 min.

SERVINGS



6

CALORIES



692 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces cream cheese fat-free block-style cut into bite-sized pieces
- ☐ 3 garlic cloves thinly sliced
- ☐ 1 cup bell pepper green thinly sliced
- ☐ 0.5 teaspoon ground pepper red divided
- ☐ 3.5 ounce turkey sausage sweet italian
- ☐ 1.3 pounds onion thinly sliced
- ☐ 42 no-boil lasagna noodles (such as Vigo)
- ☐ 2 ounces parmesan cheese fresh divided grated
- ☐ 2 ounces preshredded part-skim mozzarella cheese

- ☐ 2 cups bell pepper red thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 2.3 cups tomato-basil pasta sauce fat-free prepared (such as Millina's Finest)
- ☐ 4 teaspoons vegetable oil divided
- ☐ 1 cup bell pepper yellow thinly sliced

Equipment

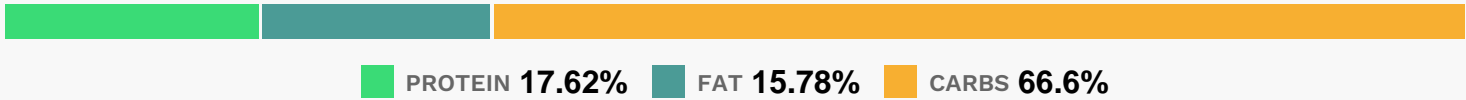
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 37
- ☐ Heat 2 teaspoons oil in a large skillet over medium heat.
- ☐ Add onion, garlic, and 1/4 teaspoon ground red pepper; cover and cook 10 minutes or until onion is golden brown, stirring frequently.
- ☐ Remove from skillet.
- ☐ Heat 2 teaspoons oil in a large skillet over medium heat.
- ☐ Add bell peppers and 1/4 teaspoon ground red pepper; saut 10 minutes or until soft.
- ☐ Remove from heat. Stir in onion mixture and salt. Reserve half for Italian Sausage Sandwiches.
- ☐ Cook sausage links according to package directions. Reserve 4 links for Sandwiches. Chop remaining 4 links.
- ☐ Spread 3/4 cup pasta sauce in the bottom of an 8-inch square baking dish coated with cooking spray. Arrange 2 noodles over pasta sauce.
- ☐ Sprinkle half of the cream cheese over the noodles; top with 1/4 cup Parmesan, 1 cup onion-pepper mixture, and half of the chopped sausage. Repeat layers, ending with sausage. Top with remaining lasagna noodles; spread remaining pasta sauce over noodles.
- ☐ Sprinkle with mozzarella.
- ☐ Cover dish with foil, tenting to prevent foil from touching top layer.

- ☐ Bake at 375 for 45 minutes.
- ☐ Remove foil; bake 10 minutes or until golden.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:2.88, Inflammation Score:-9, Nutrition Score:19.654348103896%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg Isorhamnetin: 4.73mg, Isorhamnetin: 4.73mg, Isorhamnetin: 4.73mg, Isorhamnetin: 4.73mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 20.13mg, Quercetin: 20.13mg, Quercetin: 20.13mg, Quercetin: 20.13mg

Nutrients (% of daily need)

Calories: 692.36kcal (34.62%), Fat: 12.43g (19.12%), Saturated Fat: 3.99g (24.92%), Carbohydrates: 118.02g (39.34%), Net Carbohydrates: 108.5g (39.45%), Sugar: 14.62g (16.24%), Cholesterol: 80.89mg (26.96%), Sodium: 842.82mg (36.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.22g (62.44%), Vitamin C: 143.97mg (174.51%), Vitamin A: 2207.33IU (44.15%), Fiber: 9.52g (38.08%), Phosphorus: 342.22mg (34.22%), Calcium: 337.21mg (33.72%), Potassium: 930.03mg (26.57%), Vitamin B6: 0.47mg (23.52%), Folate: 62.72µg (15.68%), Iron: 2.66mg (14.79%), Vitamin B2: 0.25mg (14.58%), Manganese: 0.28mg (14.21%), Selenium: 9.37µg (13.39%), Zinc: 1.68mg (11.2%), Vitamin K: 10.69µg (10.18%), Magnesium: 38.21mg (9.55%), Vitamin B12: 0.53µg (8.86%), Vitamin B3: 1.67mg (8.35%), Vitamin B1: 0.12mg (8.23%), Vitamin E: 1.23mg (8.21%), Vitamin B5: 0.77mg (7.69%), Copper: 0.13mg (6.37%)