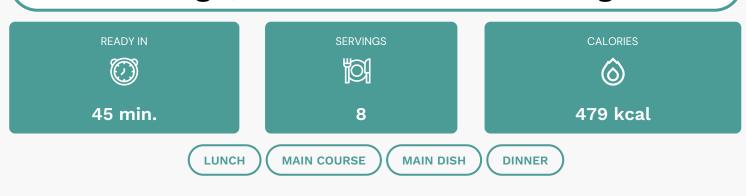


Sausage, Cheese and Basil Lasagna



Ingredients

Ш	14.5 ounce canned tomatoes diced with green pepper and onion (do not drain) canned
	1 large eggs
	1.5 cups basil fresh packed ()
	3 large garlic clove chopped
	0.3 teaspoon pepper black
	2 tablespoons olive oil
	1 cup onion chopped
	2 teaspoons oregano dried
	12 no boil lasagna noodles

	3 ounces parmesan cheese grated	
	15 ounce part-skim ricotta	
	0.3 teaspoon pepper dried red crushed	
	0.5 teaspoon salt	
	1 pound ground sausage italian	
Equipment		
Ц	oven	
Ц	pot	
	aluminum foil	
	glass baking pan	
Di	rections	
	Heat oil in heavy large pot over medium-high heat.	
	Add sausages, onion, garlic, oregano and crushed red pepper and sauté until sausage is cooked through, mashing sausage into small pieces with back of fork, about 10 minutes.	
	Add crushed tomatoes and diced tomatoes with juices. Bring sauce to boil. Reduce heat to medium and simmer 5 minutes to blend flavors. Season with salt and pepper. (Can be made 1 day ahead. Chill until cold, then cover and keep chilled.)	
	Using on/off turns, chop fresh basil leaves finely in processor.	
	Add ricotta, mozzarella, Parmesan, egg, 1/2 teaspoon salt and 1/4 teaspoon pepper. Using on/off turns, process filling until just blended and texture is still chunky.	
	Preheat oven to 375°F.	
	Spread 11/4 cups sauce in 13x9x2-inch glass baking dish. Arrange 3 noodles on sauce. Drop 1 1/2 cups filling over noodles, then spread evenly to cover.	
	Sprinkle with 3/4 cup mozzarella cheese and 1/4 cup Parmesan cheese. Repeat layering of sauce, noodles, filling and cheeses 2 more times. Top with remaining 3 noodles. Spoon remaining sauce atop noodles.	
	Sprinkle with remaining cheeses. Spray large piece of foil with nonstick olive oil spray. Cover lasagna with foil, sprayed side down.	
	Bake lasagna 40 minutes. Carefully uncover. Increase oven temperature to 400°F.	

Bake until noodles are tender, sauce bubbles thickly and edges of lasagna are golden and puffed, about 20 minutes.
Transfer to work surface; let stand 15 minutes before serving.
Nutrition Facts
PROTEIN 18.83% FAT 55.35% CARBS 25.82%

Properties

Glycemic Index:28.75, Glycemic Load:1.72, Inflammation Score:-7, Nutrition Score:15.245217364767%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Isorhamnetin: 1mg, Isorh

Nutrients (% of daily need)

Calories: 479.41kcal (23.97%), Fat: 29.75g (45.77%), Saturated Fat: 11.38g (71.11%), Carbohydrates: 31.24g (10.41%), Net Carbohydrates: 28.61g (10.4%), Sugar: 3.84g (4.26%), Cholesterol: 104.12mg (34.71%), Sodium: 891.41mg (38.76%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 22.78g (45.56%), Selenium: 29.2µg (41.71%), Calcium: 292.93mg (29.29%), Phosphorus: 285.07mg (28.51%), Vitamin K: 27.45µg (26.15%), Vitamin B1: 0.39mg (26.08%), Vitamin B2: 0.3mg (17.59%), Zinc: 2.51mg (16.72%), Vitamin B6: 0.33mg (16.43%), Potassium: 509.12mg (14.55%), Vitamin B12: 0.87µg (14.49%), Vitamin A: 705.55IU (14.11%), Manganese: 0.27mg (13.68%), Vitamin B3: 2.63mg (13.14%), Iron: 2.15mg (11.96%), Fiber: 2.63g (10.5%), Vitamin C: 8.51mg (10.32%), Copper: 0.2mg (9.97%), Vitamin E: 1.46mg (9.73%), Magnesium: 37.37mg (9.34%), Folate: 29.81µg (7.45%), Vitamin B5: 0.74mg (7.38%), Vitamin D: 0.23µg (1.54%)