



Sausage, Cheese and Basil Lasagna

READY IN



45 min.

SERVINGS



8

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 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

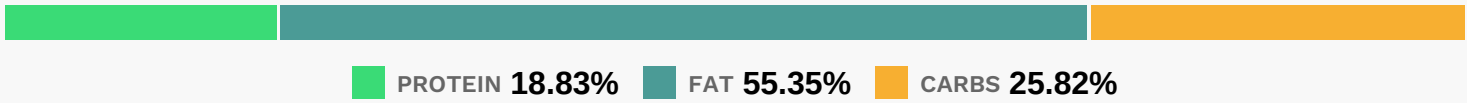
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ 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 1 1/4 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



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 Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

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 %: 0% (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%)