



HEALTH SCORE

57%

Sausage Lasagna

READY IN



285 min.

SERVINGS



6

CALORIES



1222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 to 7 basil leaves fresh thinly sliced
- ☐ 1 pound bulk sausage italian
- ☐ 12 ounce cremini mushrooms stemmed sliced
- ☐ 2 large eggs
- ☐ 4 large cloves garlic smashed chopped
- ☐ 4 cloves garlic smashed
- ☐ 6 servings kosher salt
- ☐ 0.5 pound boxes lasagna noodles
- ☐ 4 cups mozzarella cheese grated

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 large onions diced spanish
- ☐ 0.3 pound pancetta diced
- ☐ 2 cups parmigiano-reggiano cheese grated
- ☐ 2 pinches pepper flakes red
- ☐ 2 cups ricotta cheese
- ☐ 112 ounce san marzano tomatoes whole canned
- ☐ 1 zucchini halved lengthwise

Equipment

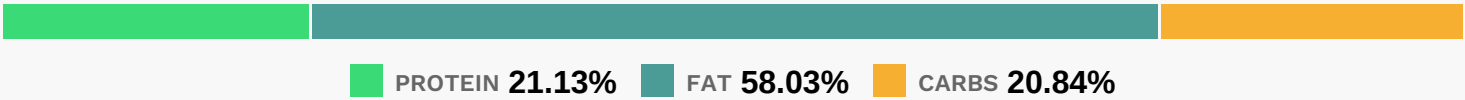
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Make the sauce: Coat a large saucepot with the olive oil and add the pancetta.
- ☐ Put the pot over medium-high heat and cook the pancetta 4 to 5 minutes.
- ☐ Add the onions, season generously with salt and stir to coat with the olive oil. Cook 6 to 7 minutes, stirring; the onions should become very soft and aromatic but have no color.
- ☐ Add the garlic and cook for another 2 to 3 minutes, stirring frequently.
- ☐ Pass the tomatoes through a food mill; be sure to scrape the pulp off the bottom of the food mill.

- ☐ Add the tomatoes to the pot; fill one of the empty tomato cans with water and add to the pot (2 to 3 cups). Season generously with salt and taste; tomatoes take a lot of salt. Simmer 2 to 3 hours over medium-low heat, stirring occasionally and tasting frequently. Season in baby steps, tasting every step of the way.
- ☐ Make the lasagna: Bring a large pot of salted water to a boil. Working in batches, cook the lasagna noodles until pliable but not limp, 6 to 7 minutes.
- ☐ Remove with tongs and transfer to a bowl of ice water to cool; remove and lay flat on a sheet tray.
- ☐ Coat a large saute pan with 2 tablespoons olive oil and put over medium-high heat.
- ☐ Add the sausage and cook, stirring, until brown and crumbly.
- ☐ Remove from the pan and drain on paper towels.
- ☐ Ditch the fat from the pan and add 1 tablespoon olive oil along with 2 garlic cloves and a pinch of red pepper flakes.
- ☐ Put the pan over medium-high heat. When the garlic is golden, remove it and discard.
- ☐ Add the mushrooms and season with 1/2 teaspoon salt; cook until soft, 4 to 5 minutes.
- ☐ Remove from the pan and reserve. Repeat this process with the remaining 1 tablespoon olive oil, 2 garlic cloves and pinch of red pepper flakes, and the zucchini.
- ☐ In a bowl, mix the ricotta, half of the parmigiano, the eggs, basil and 1 teaspoon salt.
- ☐ Preheat the oven to 350 degrees F. In the bottom of a deep 9-by-13-inch baking dish, evenly spread a couple ladlefuls of sauce. Cover with a layer of the lasagna noodles.
- ☐ Spread one-third of the ricotta mixture over the pasta. Top with a layer of pasta in the opposite direction of the first layer (this will give the lasagna a little more stability).
- ☐ Spread a light layer of sauce on the pasta and sprinkle with one-third of the sausage; top with one-third each of the mushrooms and zucchini. Top with a layer of mozzarella and some of the remaining parmigiano. Repeat these layers until all the ingredients have been used. Be sure to finish with a layer of pasta covered with sauce, mozzarella and parmigiano. Cover with aluminum foil.
- ☐ Place the lasagna on a baking sheet and bake in the oven until hot and bubbly, about 1 hour, 15 minutes, removing the foil for the last 15 minutes of cooking.
- ☐ Let cool 20 minutes before slicing.
- ☐ Photograph by Johnny Miller

Nutrition Facts



Properties

Glycemic Index:60.17, Glycemic Load:19.81, Inflammation Score:-10, Nutrition Score:55.107391129369%

Flavonoids

Naringenin: 3.6mg, Naringenin: 3.6mg, Naringenin: 3.6mg, Naringenin: 3.6mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 13.5mg, Quercetin: 13.5mg, Quercetin: 13.5mg, Quercetin: 13.5mg

Nutrients (% of daily need)

Calories: 1221.95kcal (61.1%), Fat: 79.67g (122.56%), Saturated Fat: 35.26g (220.36%), Carbohydrates: 64.36g (21.45%), Net Carbohydrates: 55.18g (20.07%), Sugar: 20.2g (22.45%), Cholesterol: 255.74mg (85.25%), Sodium: 2004.96mg (87.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.26g (130.51%), Selenium: 99.37µg (141.95%), Vitamin A: 5735.78IU (114.72%), Phosphorus: 1093.68mg (109.37%), Calcium: 1062.8mg (106.28%), Vitamin C: 84.88mg (102.88%), Vitamin B2: 1.15mg (67.76%), Manganese: 1.31mg (65.49%), Potassium: 2194.65mg (62.7%), Vitamin B1: 0.86mg (57.6%), Vitamin B12: 3.37µg (56.18%), Vitamin B6: 1.1mg (55.12%), Zinc: 8.14mg (54.3%), Vitamin K: 53.87µg (51.31%), Vitamin B3: 9.66mg (48.32%), Copper: 0.87mg (43.62%), Folate: 149.46µg (37.36%), Magnesium: 149.08mg (37.27%), Fiber: 9.18g (36.71%), Vitamin E: 4.83mg (32.21%), Vitamin B5: 2.82mg (28.16%), Iron: 4.69mg (26.05%), Vitamin D: 1.1µg (7.31%)