



## Sausage & Peppers Lasagna

READY IN



90 min.

SERVINGS



12

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 lasagna noodles cooked
- 16 oz philadelphia cream cheese softened
- 0.5 lb sausage italian
- 2.5 cups low-moisture part-skim mozzarella cheese shredded divided kraft
- 0.5 cup milk
- 1 onion chopped
- 0.5 tsp oregano leaves dried
- 0.5 cup parmesan cheese divided grated kraft
- 0.5 cup pasilla peppers green red chopped

- 24 oz spaghetti sauce
- 11.2 oz pepperidge farm® garlic texas toast prepared (12 slices)
- 0.5 cup water

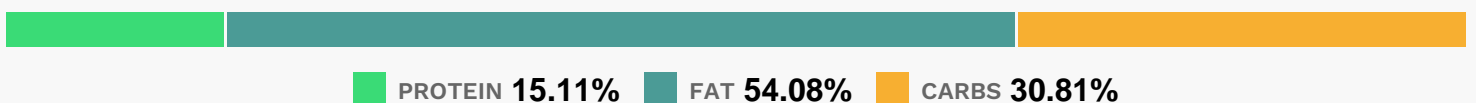
## Equipment

- frying pan
- oven
- blender
- baking pan
- aluminum foil

## Directions

- Heat oven to 350F.
- Brown sausage with onions and peppers. Meanwhile, beat cream cheese and milk with mixer until well blended.
- Combine mozzarella and Parmesan. Reserve 1-1/2 cups; mix remaining with cream cheese mixture.
- Drain sausage; return to skillet. Stir spaghetti sauce, water and oregano into meat sauce.
- Spread 1/3 of meat sauce onto bottom of 13x9-inch baking dish; cover with 3 noodles and half the cream cheese mixture. Top with 3 noodles, half the remaining meat sauce and 3 noodles. Cover with layers of remaining cream cheese mixture, noodles, meat sauce and reserved cheese. Cover with foil sprayed with cooking spray.
- Bake 1 hour or until heated through, removing foil after 45 min.
- Let stand 15 min. before cutting to serve.
- Serve with toast.

## Nutrition Facts



## Properties

Glycemic Index:19.04, Glycemic Load:10.42, Inflammation Score:-6, Nutrition Score:13.253043584202%

## Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

## Nutrients (% of daily need)

Calories: 486.99kcal (24.35%), Fat: 29.51g (45.4%), Saturated Fat: 14.42g (90.13%), Carbohydrates: 37.84g (12.61%), Net Carbohydrates: 34.96g (12.71%), Sugar: 6.4g (7.11%), Cholesterol: 72.32mg (24.11%), Sodium: 887.13mg (38.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.55g (37.1%), Selenium: 29.18µg (41.68%), Iron: 5.68mg (31.58%), Calcium: 288.23mg (28.82%), Phosphorus: 266.12mg (26.61%), Vitamin A: 942.33IU (18.85%), Vitamin B2: 0.27mg (15.96%), Manganese: 0.3mg (14.92%), Zinc: 1.85mg (12.34%), Vitamin C: 10.02mg (12.14%), Fiber: 2.89g (11.54%), Vitamin B6: 0.21mg (10.72%), Vitamin B1: 0.16mg (10.7%), Potassium: 360.22mg (10.29%), Vitamin B12: 0.56µg (9.29%), Magnesium: 35.24mg (8.81%), Vitamin E: 1.27mg (8.5%), Copper: 0.16mg (8.22%), Vitamin B3: 1.53mg (7.66%), Vitamin B5: 0.64mg (6.42%), Folate: 19.11µg (4.78%), Vitamin K: 3.82µg (3.64%), Vitamin D: 0.2µg (1.35%)