



Sausage Spinach Alfredo Lasagna

READY IN



75 min.

SERVINGS



12

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce alfredo sauce
- 1 eggs lightly beaten
- 10 ounce spinach frozen thawed drained chopped
- 0.3 teaspoon pepper black
- 16 ounce no boil lasagna noodles
- 0.5 cup parmesan cheese grated
- 1 pound pork sausage
- 15 ounce ricotta cheese
- 2 cups cheddar cheese shredded

1 cup mozzarella cheese shredded

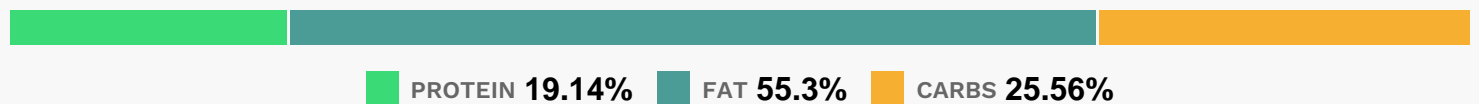
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a skillet over medium heat, cook the sausage until evenly brown.
- Drain, and mix in the spinach and Alfredo sauce. Season with pepper. Continue cooking until spinach and sauce are heated through.
- In a bowl, mix the Cheddar cheese, ricotta cheese, Parmesan cheese, and egg.
- In a 9x13 inch baking dish, layer 1/3 of the sausage mixture, 1/3 of the noodles, and 1/3 of the cheese mixture. Repeat layers twice, and top with mozzarella cheese.
- Cover, and bake 45 minutes in the preheated oven.
- Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.48, Inflammation Score:-9, Nutrition Score:16.959565167842%

Nutrients (% of daily need)

Calories: 514.19kcal (25.71%), Fat: 31.64g (48.68%), Saturated Fat: 14.98g (93.61%), Carbohydrates: 32.9g (10.97%), Net Carbohydrates: 30.86g (11.22%), Sugar: 1.71g (1.9%), Cholesterol: 130.43mg (43.48%), Sodium: 801.52mg (34.85%), Alcohol: 0g (100%), Protein: 24.64g (49.29%), Vitamin K: 89.24µg (84.99%), Vitamin A: 3264.14IU (65.28%), Calcium: 326.59mg (32.66%), Phosphorus: 271.63mg (27.16%), Selenium: 16.06µg (22.94%), Vitamin B2: 0.31mg (18.17%), Zinc: 2.56mg (17.04%), Vitamin B12: 0.94µg (15.72%), Folate: 45.47µg (11.37%), Vitamin B6: 0.2mg (9.89%), Vitamin B3: 1.96mg (9.8%), Potassium: 338.69mg (9.68%), Vitamin B1: 0.14mg (9.44%), Manganese:

0.18mg (9.24%), Magnesium: 35.83mg (8.96%), Fiber: 2.05g (8.18%), Vitamin E: 1.02mg (6.77%), Iron: 1.16mg (6.44%),
Vitamin D: 0.81µg (5.38%), Vitamin B5: 0.51mg (5.13%), Copper: 0.08mg (3.93%), Vitamin C: 1.56mg (1.9%)