






 **19%**
HEALTH SCORE

Simple Skillet Lasagna

READY IN

35 min.

SERVINGS

5

CALORIES

761 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 leaves basil
- 1 leaves basil
- 56 oz canned tomatoes peeled canned
- 3 cloves garlic thinly sliced chopped
- 1.5 lbs ground sausage italian
- 1 oz cheese
- 1 small onion chopped
- 5 servings oregano
- 5 servings no boil lasagna noodles

- 0.5 tsp pepper red
- 5 servings ricotta cheese
- 5 servings salt and pepper

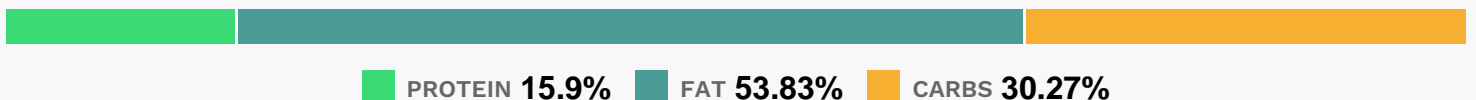
Equipment

- bowl
- frying pan
- oven
- blender

Directions

- In a large saute pan, heat oil on high.
- Add sausage and cook until browned, about 3–5 minutes.
- Transfer to a side bowl and set aside.Reduce the heat to medium low and add your onion, garlic, and pepper flakes. Cook until onions are softened, about 8 minutes.
- Add your oregano, tomatoes and their juices (crushing the whole tomatoes with your hands or a mixer if you prefer), the basil sprig, and the cooked sausage.
- Add salt and pepper and simmer for about 5 minutes.Break half of the lasagna noodles in half and place into the meat mixture under the sausage. Distribute them evenly throughout. Take the other half of the noodles and use a spoon to submerge them down into the pan.Dollop Ricotta over lasagna and mix in with the sauce. Top with Mozzarella and bake in the oven on 325 degrees for 15 minutes. Top with basil, then remove from heat and allow to cool before serving.

Nutrition Facts



Properties

Glycemic Index:56.8, Glycemic Load:0.76, Inflammation Score:-8, Nutrition Score:23.931304347826%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 761.22kcal (38.06%), Fat: 46.2g (71.08%), Saturated Fat: 16.59g (103.7%), Carbohydrates: 58.45g (19.48%), Net Carbohydrates: 52.5g (19.09%), Sugar: 9.25g (10.28%), Cholesterol: 134.6mg (44.87%), Sodium: 1684.89mg (73.26%), Protein: 30.69g (61.39%), Vitamin B1: 0.93mg (62%), Selenium: 36.23µg (51.75%), Vitamin C: 33.91mg (41.1%), Vitamin B6: 0.82mg (40.95%), Vitamin B3: 6.79mg (33.94%), Potassium: 1126.41mg (32.18%), Phosphorus: 290.11mg (29.01%), Iron: 5.17mg (28.72%), Vitamin B2: 0.44mg (26.07%), Fiber: 5.95g (23.79%), Vitamin B12: 1.3µg (21.7%), Manganese: 0.43mg (21.41%), Zinc: 3.18mg (21.22%), Calcium: 188.66mg (18.87%), Copper: 0.35mg (17.51%), Vitamin E: 2.47mg (16.45%), Vitamin K: 16.7µg (15.9%), Magnesium: 60.6mg (15.15%), Vitamin B5: 1.13mg (11.34%), Folate: 42.87µg (10.72%), Vitamin A: 520.06IU (10.4%)