



 **53%**
HEALTH SCORE

Sloppy Lasagna

READY IN



45 min.

SERVINGS



4

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz tomato sauce canned
- 15 oz canned tomatoes diced canned
- 0.5 teaspoon basil dried
- 2 cups fat-skimmed chicken broth
- 2 cloves garlic minced pressed
- 1.3 pounds turkey sausages italian hot uncooked
- 8 ounces lasagna dried
- 4 oz mozzarella cheese shredded reduced-fat
- 0.5 lb onion peeled chopped

- 0.5 teaspoon oregano dried
- 4 servings parsley chopped

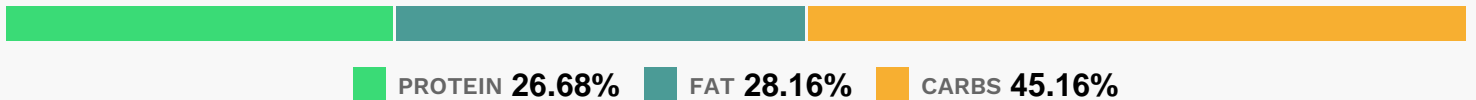
Equipment

- bowl
- frying pan
- ladle

Directions

- Remove and discard sausage casings.
- In a 4- to 5-quart nonstick pan over high heat, combine sausages, onion, and garlic. With a spoon, break meat into small pieces and stir often until mixture is browned, about 15 minutes.
- Meanwhile, break the lasagna into 2- to 3-inch pieces.
- To pan, add broth, 2 cups water, tomatoes (with juice), tomato sauce, basil, oregano, and lasagna. Boil, stirring often, until pasta is tender to bite, about 15 minutes.
- Ladle into wide bowls and sprinkle with cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:21.52, Inflammation Score:-9, Nutrition Score:38.366521682428%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 11.55mg, Quercetin: 11.55mg, Quercetin: 11.55mg, Quercetin: 11.55mg

Nutrients (% of daily need)

Calories: 585.8kcal (29.29%), Fat: 18.54g (28.53%), Saturated Fat: 7.95g (49.67%), Carbohydrates: 66.91g (22.3%), Net Carbohydrates: 59.67g (21.7%), Sugar: 15.7g (17.45%), Cholesterol: 93.27mg (31.09%), Sodium: 2372.52mg (103.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.53g (79.06%), Selenium: 75.37µg (107.68%), Iron:

17.09mg (94.94%), Vitamin C: 66.83mg (81.01%), Vitamin K: 77.28µg (73.6%), Phosphorus: 584.24mg (58.42%), Manganese: 1.01mg (50.67%), Vitamin B6: 0.97mg (48.29%), Vitamin B3: 8.84mg (44.22%), Zinc: 5.21mg (34.72%), Calcium: 340.06mg (34.01%), Copper: 0.65mg (32.32%), Potassium: 1060.83mg (30.31%), Vitamin B2: 0.5mg (29.69%), Fiber: 7.24g (28.96%), Magnesium: 112.52mg (28.13%), Vitamin A: 1157.96IU (23.16%), Vitamin B5: 2.1mg (21.01%), Vitamin B1: 0.29mg (19.41%), Vitamin B12: 1.07µg (17.82%), Vitamin E: 2.35mg (15.66%), Folate: 62.03µg (15.51%)