



WHATSHATE



Slow-Cooker Italian Sausage Lasagna

READY IN



385 min.

SERVINGS



6

CALORIES



758 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 lb sausage meat italian
- ☐ 30 oz tomato sauce italian-style canned
- ☐ 2 teaspoons basil dried
- ☐ 12 lasagne pasta sheets uncooked
- ☐ 0.5 cup onion chopped
- ☐ 1 cup parmesan cheese grated
- ☐ 15 oz part-skim ricotta
- ☐ 0.5 teaspoon salt
- ☐ 12 oz mozzarella cheese shredded

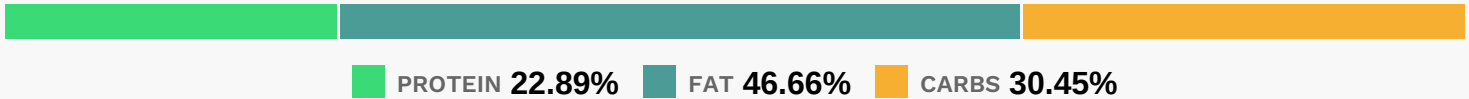
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In 10-inch skillet, cook sausage and onion over medium heat 6 to 8 minutes, stirring occasionally, until sausage is no longer pink; drain. Stir in tomato sauce, basil and salt.
- ☐ In medium bowl, mix ricotta cheese, Parmesan cheese and 2 cups of the mozzarella cheese.
- ☐ Into 3 1/2- to 5-quart slow cooker, spoon 1/4 of the sausage mixture. Top with 4 noodles, broken into pieces to fit. Top with half of the cheese mixture and 1/4 of the sausage mixture. Top with 4 noodles, remaining cheese mixture and 1/4 of the sausage mixture. Top with remaining 4 noodles and remaining sausage mixture.
- ☐ Cover; cook on Low heat setting 6 to 8 hours.
- ☐ About 10 minutes before serving, sprinkle top of lasagna with remaining 1 cup mozzarella cheese. Cover; let stand about 10 minutes or until cheese is melted.
- ☐ Cut lasagna into pieces.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:19.85, Inflammation Score:-8, Nutrition Score:28.07521745433%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 758.32kcal (37.92%), Fat: 39.28g (60.44%), Saturated Fat: 18.75g (117.16%), Carbohydrates: 57.7g (19.23%), Net Carbohydrates: 53.43g (19.43%), Sugar: 7.93g (8.81%), Cholesterol: 122.09mg (40.7%), Sodium: 1966.19mg (85.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.36g (86.72%), Selenium: 63.63µg (90.9%),

Calcium: 673.8mg (67.38%), Phosphorus: 661.52mg (66.15%), Zinc: 5.71mg (38.04%), Manganese: 0.76mg (37.83%), Vitamin B12: 2.21µg (36.75%), Vitamin B2: 0.55mg (32.45%), Vitamin A: 1458.65IU (29.17%), Vitamin B3: 5.18mg (25.91%), Potassium: 877.11mg (25.06%), Vitamin B6: 0.46mg (23.05%), Magnesium: 90.39mg (22.6%), Copper: 0.41mg (20.58%), Iron: 3.68mg (20.46%), Vitamin B1: 0.28mg (18.88%), Fiber: 4.27g (17.08%), Vitamin E: 2.49mg (16.61%), Vitamin B5: 1.38mg (13.85%), Vitamin C: 11.31mg (13.71%), Vitamin K: 12.1µg (11.53%), Folate: 41.15µg (10.29%), Vitamin D: 1.12µg (7.45%)