



Slow-Cooker Lasagna

READY IN



395 min.

SERVINGS



8

CALORIES



645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground sausage italian
- 45 ounces tomato sauce italian-style canned
- 2 teaspoons basil dried
- 15 lasagne pasta sheets uncooked
- 0.5 cup onion chopped
- 1 cup parmesan cheese grated
- 15 ounces part-skim ricotta
- 0.5 teaspoon salt
- 8 ounces mozzarella cheese shredded

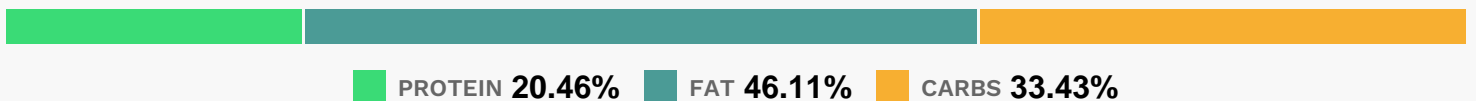
Equipment

- frying pan
- slow cooker

Directions

- Cook sausage and onion in 10-inch skillet over medium heat 6 to 8 minutes, stirring occasionally, until sausage is no longer pink; drain. Stir in tomato sauce, basil and salt.
- Mix 1 cup of the mozzarella cheese and the ricotta and Parmesan cheeses. (Refrigerate remaining mozzarella cheese while lasagna cooks.)
- Spoon one-fourth of the sausage mixture into 6-quart slow cooker; top with 5 noodles, broken into pieces to fit.
- Spread with half of the cheese mixture and one-fourth of the sausage mixture. Top with 5 noodles, remaining cheese mixture and one-fourth of the sausage mixture. Top with remaining 5 noodles and remaining sausage mixture.
- Cover and cook on Low heat setting 4 to 6 hours or until noodles are tender.
- Sprinkle top of lasagna with remaining 1 cup mozzarella cheese. Cover and let stand about 10 minutes or until cheese is melted.
- Cut into pieces.

Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:18.97, Inflammation Score:-8, Nutrition Score:24.944347972455%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 644.84kcal (32.24%), Fat: 33.1g (50.92%), Saturated Fat: 14.9g (93.1%), Carbohydrates: 53.99g (18%), Net Carbohydrates: 49.66g (18.06%), Sugar: 7.97g (8.86%), Cholesterol: 92.84mg (30.95%), Sodium: 1782.37mg

(77.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.05g (66.09%), Selenium: 66.33µg (94.75%), Phosphorus: 503.26mg (50.33%), Calcium: 449.79mg (44.98%), Manganese: 0.75mg (37.36%), Vitamin B1: 0.44mg (29.03%), Zinc: 4.22mg (28.15%), Vitamin B2: 0.46mg (26.93%), Potassium: 866.33mg (24.75%), Vitamin B12: 1.49µg (24.75%), Vitamin A: 1196.43IU (23.93%), Vitamin B6: 0.45mg (22.38%), Vitamin B3: 4.42mg (22.1%), Copper: 0.42mg (20.8%), Magnesium: 80.48mg (20.12%), Iron: 3.54mg (19.69%), Fiber: 4.34g (17.34%), Vitamin E: 2.54mg (16.92%), Vitamin C: 13.04mg (15.8%), Vitamin B5: 1.23mg (12.32%), Folate: 40.66µg (10.16%), Vitamin K: 10.08µg (9.6%), Vitamin D: 0.23µg (1.53%)