



Slow Cooker Lasagna

READY IN



250 min.

SERVINGS



6

CALORIES



740 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon parsley dried
- 9 ounce no-boil lasagna noodles
- 52 ounce pasta sauce
- 1 pound sausage roll italian bob evans®
- 12 ounces ricotta cheese
- 3 cups mozzarella cheese shredded divided

Equipment

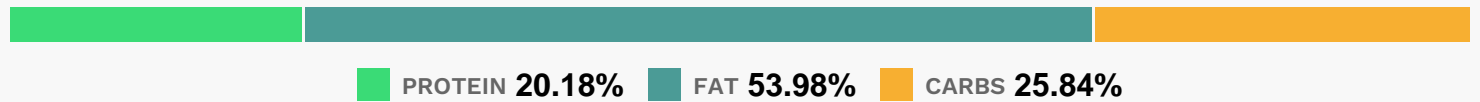
- frying pan

slow cooker

Directions

- Spray interior of slow cooker with non-stick vegetable spray.
- In medium skillet over medium heat, crumble and cook sausage until brown.
- Place in slow cooker.
- Add noodles, ricotta, 2 cups mozzarella, pasta sauce and parsley. Stir gently to combine.
- Cover and cook on low for 4 to 6 hours. 5 minutes before serving, top with remaining 1 cup mozzarella cheese. Cover to melt cheese.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:5.15, Inflammation Score:-8, Nutrition Score:25.03826066722%

Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg

Nutrients (% of daily need)

Calories: 740.04kcal (37%), Fat: 45.08g (69.35%), Saturated Fat: 20.69g (129.34%), Carbohydrates: 48.55g (16.18%), Net Carbohydrates: 43.26g (15.73%), Sugar: 10.26g (11.4%), Cholesterol: 149.59mg (49.86%), Sodium: 2117.48mg (92.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.92g (75.85%), Selenium: 38.01µg (54.3%), Phosphorus: 462.97mg (46.3%), Calcium: 451.97mg (45.2%), Vitamin B12: 2.16µg (35.96%), Vitamin B1: 0.51mg (34.21%), Vitamin A: 1701.2IU (34.02%), Vitamin B2: 0.56mg (33.16%), Potassium: 1134.53mg (32.42%), Zinc: 4.2mg (28.03%), Vitamin B6: 0.52mg (25.78%), Vitamin B3: 5.04mg (25.21%), Vitamin E: 3.74mg (24.91%), Vitamin C: 19.13mg (23.18%), Fiber: 5.29g (21.17%), Iron: 3.79mg (21.03%), Copper: 0.36mg (18.18%), Manganese: 0.36mg (17.98%), Magnesium: 66.21mg (16.55%), Vitamin B5: 1.35mg (13.48%), Vitamin K: 13.32µg (12.69%), Folate: 39.48µg (9.87%), Vitamin D: 0.34µg (2.25%)