



WHATSheATE

Speedy Lasagna

READY IN



55 min.

SERVINGS



6

CALORIES



704 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon teaspoon basil dried fresh chopped
- ☐ 1 pound sausage italian
- ☐ 6 no-cook lasagna noodles
- ☐ 0.8 cup parmesan cheese grated
- ☐ 0.5 teaspoon pepper
- ☐ 2 cups ricotta cheese
- ☐ 2 cups mozzarella cheese shredded
- ☐ 26 ounce spaghetti sauce with onions and roasted garlic

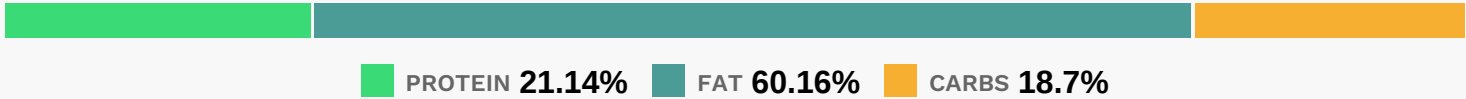
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ plastic wrap
- ☐ baking pan
- ☐ microwave
- ☐ colander
- ☐ oven mitt

Directions

- ☐ Crumble sausage into a plastic colander; place over a large microwave-safe bowl. Microwave at HIGH 1 minute, and stir. Microwave at HIGH 3 to 3 1/2 minutes more, stirring every 30 seconds, or until sausage is done and no longer pink.
- ☐ Drain well on paper towels. Discard drippings. Rinse and wipe bowl clean.
- ☐ Stir together sausage, spaghetti sauce, basil, and pepper in large bowl.
- ☐ Spread one-third sausage mixture in bottom of a lightly greased 11- x 7-inch microwave-safe baking dish; top with 3 noodles, 1 cup ricotta cheese, and 1 cup mozzarella cheese. Repeat layers once.
- ☐ Top evenly with remaining sausage mixture and grated Parmesan cheese. Cover with double-thickness plastic wrap, and microwave at MEDIUM (50% power) 30 to 35 minutes. Using an oven mitt, carefully lift one corner of plastic wrap to allow steam to escape, and let stand in microwave 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:45.17, Glycemic Load:11.57, Inflammation Score:-7, Nutrition Score:23.912173986435%

Nutrients (% of daily need)

Calories: 703.9kcal (35.19%), Fat: 47.06g (72.4%), Saturated Fat: 22.36g (139.72%), Carbohydrates: 32.92g (10.97%), Net Carbohydrates: 30.13g (10.96%), Sugar: 5.74g (6.38%), Cholesterol: 139.98mg (46.66%), Sodium: 1658.92mg (72.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.21g (74.42%), Selenium: 59.9µg (85.57%), Phosphorus: 535.91mg (53.59%), Calcium: 508.17mg (50.82%), Vitamin B1: 0.51mg (33.98%), Vitamin B12: 1.99µg (33.15%), Vitamin B2: 0.53mg (31.42%), Zinc: 4.61mg (30.76%), Vitamin A: 1278.79IU (25.58%), Manganese: 0.48mg (24.2%), Vitamin B6: 0.45mg (22.37%), Potassium: 759.93mg (21.71%), Vitamin B3: 4.29mg (21.45%), Iron: 3mg (16.65%), Magnesium: 65.28mg (16.32%), Copper: 0.31mg (15.63%), Vitamin E: 2.03mg (13.53%), Vitamin C: 10.17mg (12.33%), Vitamin B5: 1.16mg (11.58%), Fiber: 2.79g (11.14%), Folate: 35.68µg (8.92%), Vitamin K: 7.1µg (6.77%), Vitamin D: 0.38µg (2.51%)