



Sweet Sausage and Three Cheese Lasagna

READY IN



120 min.

SERVINGS



15

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon basil dried
- ☐ 2 medium bay leaves dried
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 pound mozzarella cheese fresh thinly sliced
- ☐ 4 medium garlic cloves thinly sliced
- ☐ 8 ounces ground pork lean
- ☐ 1 pound sausage sweet italian crumbled
- ☐ 15 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons olive oil

- ☐ 1 teaspoon oregano dried
- ☐ 9 ounce no-boil lasagna noodles
- ☐ 2 ounces parmigiano-reggiano finely grated
- ☐ 24 ounces ricotta cheese
- ☐ 56 ounce tomatoes crushed

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ dutch oven

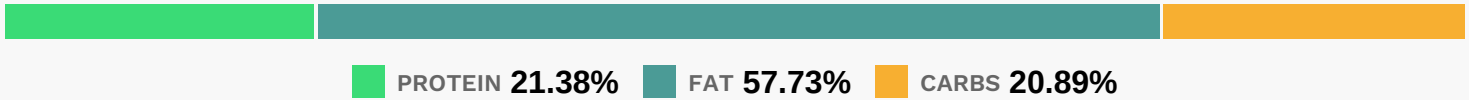
Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil in a Dutch oven or a large, heavy-bottomed pot over medium-high heat. When it shimmers, add the garlic and onions, season well with salt and freshly ground black pepper and cook until just softened.
- ☐ Add the sausage and ground pork and stir to break up the meat. Cook, stirring occasionally, until the meat starts to color, 8 to 10 minutes.
- ☐ Add the wine and cook, scraping the bottom of the pan to incorporate the browned bits, until the alcohol smell is cooked off.
- ☐ Add the tomatoes, 1 tablespoon salt, the basil, oregano and bay leaves and season well with freshly ground black pepper. Stir until well mixed and the tomatoes start to simmer. Reduce the heat to low and simmer, stirring occasionally, until the flavors meld, at least 10 minutes and up to 1 hour.
- ☐ For the lasagna: Position an oven rack in the middle of the oven and preheat to 375 degrees F.
- ☐ Spread 2 cups of the sauce in a thin layer over the bottom of a 13-by-9-inch baking dish.
- ☐ Layer 4 noodles over the sauce, top with 2 cups more sauce and spread it evenly over the noodles. Evenly dollop one-quarter of the ricotta across the sauce, top with one-quarter of the mozzarella and sprinkle evenly with one-quarter of the Parmigiano-Reggiano. Repeat with

the remaining ingredients, for a total of 4 layers.

- ☐ Cover with foil and bake until the liquids are bubbling and the noodles are beginning to soften, about 40 minutes.
- ☐ Remove the foil and continue baking until the top is golden brown and the noodles are completely tender, about 20 minutes more. Allow to rest 20 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:15.27, Glycemic Load:2.92, Inflammation Score:-6, Nutrition Score:15.504782697429%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 446.34kcal (22.32%), Fat: 28.78g (44.28%), Saturated Fat: 13.26g (82.9%), Carbohydrates: 23.43g (7.81%), Net Carbohydrates: 20.69g (7.52%), Sugar: 5.49g (6.1%), Cholesterol: 91.05mg (30.35%), Sodium: 658.03mg (28.61%), Alcohol: 0.55g (100%), Alcohol %: 0.27% (100%), Protein: 23.98g (47.96%), Selenium: 24.55µg (35.08%), Calcium: 341.03mg (34.1%), Phosphorus: 310.95mg (31.1%), Vitamin B1: 0.38mg (25.37%), Vitamin B12: 1.27µg (21.17%), Vitamin B2: 0.33mg (19.49%), Zinc: 2.7mg (17.99%), Vitamin B6: 0.36mg (17.85%), Potassium: 556.94mg (15.91%), Vitamin B3: 3.04mg (15.22%), Manganese: 0.27mg (13.6%), Vitamin A: 668.61IU (13.37%), Iron: 2.37mg (13.14%), Vitamin C: 10.71mg (12.98%), Copper: 0.25mg (12.25%), Vitamin E: 1.74mg (11.6%), Fiber: 2.75g (10.98%), Magnesium: 42.73mg (10.68%), Vitamin K: 10.16µg (9.68%), Vitamin B5: 0.72mg (7.16%), Folate: 25.4µg (6.35%), Vitamin D: 0.23µg (1.54%)