



WHATSheATE



Three Cheese-Sausage Lasagna

READY IN



70 min.

SERVINGS



6

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb turkey sausage italian
- ☐ 1 cup bell pepper red chopped
- ☐ 3 oz mushrooms fresh sliced
- ☐ 1 cup zucchini diced
- ☐ 1 box hawaiian rolls
- ☐ 2 cups water
- ☐ 1 cup ricotta cheese
- ☐ 2 oz mozzarella cheese shredded
- ☐ 0.3 cup parmesan cheese grated

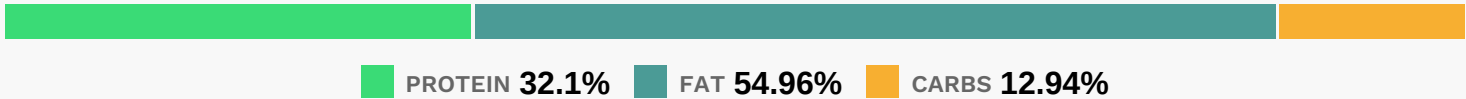
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 375°F. In 10-inch skillet, crumble sausage. Cook over medium-high heat about 8 minutes, stirring frequently, until sausage is no longer pink; drain well. Stir in bell pepper, mushrooms and zucchini.
- ☐ In ungreased 11x7-inch (2-quart) microwavable dish, stir sauce mix (from Hamburger Helper box) and water until blended. Microwave uncovered on High 1 to 2 minutes or until sauce is thickened. Stir in uncooked pasta (from Hamburger Helper box).
- ☐ Add sausage and vegetables; mix gently to combine.
- ☐ In small bowl, mix ricotta, mozzarella and Parmesan cheeses. Spoon cheese mixture evenly over sausage mixture; spread evenly to cover noodles.
- ☐ Bake uncovered 40 to 50 minutes or until top is golden brown and sauce is bubbly.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:0.93, Inflammation Score:-8, Nutrition Score:16.946956691535%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 250.81kcal (12.54%), Fat: 15.45g (23.78%), Saturated Fat: 7.93g (49.56%), Carbohydrates: 8.18g (2.73%), Net Carbohydrates: 6.63g (2.41%), Sugar: 4.48g (4.98%), Cholesterol: 72.24mg (24.08%), Sodium: 876.57mg (38.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.31g (40.62%), Vitamin C: 58.77mg (71.23%), Iron: 7.73mg (42.97%), Selenium: 27.27µg (38.96%), Phosphorus: 291.7mg (29.17%), Vitamin A: 1211.58IU (24.23%),

Vitamin B6: 0.43mg (21.67%), Vitamin B2: 0.35mg (20.62%), Calcium: 194.07mg (19.41%), Vitamin B3: 3.69mg (18.45%), Zinc: 2.76mg (18.38%), Vitamin B12: 0.74µg (12.39%), Vitamin B5: 1.05mg (10.51%), Potassium: 358.8mg (10.25%), Magnesium: 35.6mg (8.9%), Copper: 0.17mg (8.42%), Folate: 30.87µg (7.72%), Vitamin B1: 0.1mg (6.54%), Manganese: 0.13mg (6.54%), Fiber: 1.55g (6.21%), Vitamin E: 0.5mg (3.36%), Vitamin K: 2.86µg (2.72%), Vitamin D: 0.17µg (1.13%)