

## Tomato-Sausage Lasagna

READY IN



150 min.

SERVINGS



8

CALORIES



678 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 ounces lasagne pasta sheets dried uncooked
- 2 teaspoons olive oil
- 1 large onion chopped
- 4 garlic clove finely chopped
- 1.5 teaspoons seasoning dried italian
- 0.3 teaspoon pepper
- 1 pound sausage sweet italian
- 56 ounces canned tomatoes whole peeled canned
- 1 serving coarse mustard

- 1.5 pounds mozzarella cheese shredded
- 3 ounces parmesan shredded

## Equipment

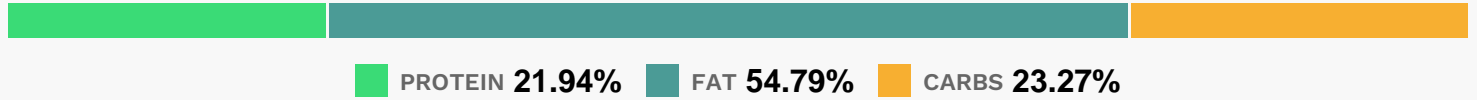
- baking sheet
- paper towels
- sauce pan
- oven
- baking pan
- aluminum foil

## Directions

- Fill a 9-by-13-inch baking dish two-thirds of the way with hot tap water.
- Add noodles, and arrange them in alternating directions to prevent sticking.
- Let soak while preparing sauce.
- Heat oil in a large saucepan over medium.
- Add onion, garlic, Italian seasoning, and red-pepper flakes; cook, stirring occasionally, until lightly browned, about 5 minutes.
- Add sausage, and cook, stirring and breaking it up, until just cooked through, about 5 minutes.
- Add tomatoes and their puree, breaking up tomatoes with a spoon; bring to a boil. Reduce to a rapid simmer, and cook, stirring occasionally, until thickened, about 20 minutes. (You should have about 8 cups of sauce.) Season with salt and pepper.
- Preheat oven to 350 degrees.
- Drain noodles, transfer to a baking sheet; dry dish with paper towels. Spoon 1 cup sauce in bottom of dish. Fit 4 noodles in dish (crosswise if using short noodles, lengthwise if using long), overlapping slightly. Cover with 2 cups sauce, 2 cups mozzarella, and 1/4 cup Parmesan. Repeat with another layer, then top with remaining noodles, 3 cups sauce, and the rest of mozzarella and Parmesan. Cover dish tightly with aluminum foil, and bake 1 hour.
- Remove foil, and continue baking until bubbly and browned, about 30 minutes.
- Remove from oven; let cool 20 minutes.

Cut and serve.

## Nutrition Facts



### Properties

Glycemic Index:27.25, Glycemic Load:11.87, Inflammation Score:-7, Nutrition Score:25.666956445445%

### Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

### Nutrients (% of daily need)

Calories: 678.33kcal (33.92%), Fat: 41.38g (63.67%), Saturated Fat: 19.61g (122.56%), Carbohydrates: 39.54g (13.18%), Net Carbohydrates: 35.87g (13.04%), Sugar: 7.47g (8.3%), Cholesterol: 117.51mg (39.17%), Sodium: 1412.96mg (61.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.27g (74.55%), Selenium: 54.06µg (77.22%), Calcium: 648.16mg (64.82%), Phosphorus: 569.19mg (56.92%), Vitamin B12: 2.58µg (43.04%), Vitamin B1: 0.49mg (32.44%), Zinc: 4.63mg (30.89%), Manganese: 0.61mg (30.5%), Vitamin B2: 0.51mg (30.08%), Vitamin B6: 0.53mg (26.43%), Vitamin C: 21.46mg (26.01%), Iron: 3.75mg (20.81%), Potassium: 710.25mg (20.29%), Vitamin B3: 4.04mg (20.18%), Magnesium: 73.89mg (18.47%), Vitamin A: 916IU (18.32%), Copper: 0.31mg (15.64%), Fiber: 3.68g (14.71%), Vitamin E: 1.82mg (12.11%), Vitamin K: 11.04µg (10.51%), Folate: 38.05µg (9.51%), Vitamin B5: 0.88mg (8.82%), Vitamin D: 0.39µg (2.62%)