



Turkey Lasagna

READY IN



80 min.

SERVINGS



8

CALORIES



669 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon pepper black freshly ground
- 28 ounce canned tomatoes crushed canned
- 1 extra large eggs lightly beaten
- 0.5 cup basil leaves fresh chopped
- 0.3 cup flat-leaf parsley fresh divided chopped
- 1 pound mozzarella cheese fresh thinly sliced
- 2 garlic cloves minced
- 3 ounces creamy goat cheese crumbled
- 1.5 pounds turkey sausage sweet italian

- 2 teaspoons kosher salt
- 0.5 pound lasagna noodles
- 2 tablespoons olive oil
- 1 cup parmesan grated for sprinkling
- 15 ounces ricotta cheese
- 6 ounce tomato paste canned
- 1 cup onion yellow chopped (1 onion)

Equipment

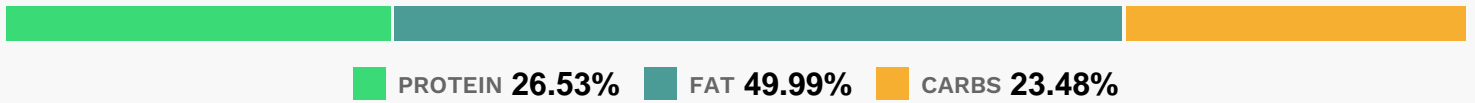
- bowl
- frying pan
- ladle
- oven
- baking pan

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Heat the olive oil in a large (10 to 12-inch) skillet.
- Add the onion and cook for 5 minutes over medium-low heat, until translucent.
- Add the garlic and cook for 1 more minute.
- Add the sausage and cook over medium-low heat, breaking it up with a fork, for 8 to 10 minutes, or until no longer pink.
- Add the tomatoes, tomato paste, 2 tablespoons of the parsley, the basil, 1 1/2 teaspoons of the salt, and 1/2 teaspoon pepper. Simmer, uncovered, over medium-low heat, for 15 to 20 minutes, until thickened.
- Meanwhile, fill a large bowl with the hottest tap water.
- Add the noodles and allow them to sit in the water for 20 minutes.
- Drain.

- In a medium bowl, combine the ricotta, goat cheese, 1 cup of Parmesan, the egg, the remaining 2 tablespoons of parsley, remaining 1/2 teaspoon salt, and 1/4 teaspoon pepper. Set aside.
- Ladle 1/3 of the sauce into a 9 by 12 by 2-inch rectangular baking dish, spreading the sauce over the bottom of the dish. Then add the layers as follows: half the pasta, half the mozzarella, half the ricotta, and one 1/3 of the sauce.
- Add the rest of the pasta, mozzarella, ricotta, and finally, sauce.
- Sprinkle with 1/4 cup of Parmesan.
- Bake for 30 minutes, until the sauce is bubbling.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:12.39, Inflammation Score:-8, Nutrition Score:32.933478417604%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 669.32kcal (33.47%), Fat: 37.47g (57.64%), Saturated Fat: 19.2g (120.02%), Carbohydrates: 39.61g (13.2%), Net Carbohydrates: 35.16g (12.79%), Sugar: 10.6g (11.78%), Cholesterol: 156.41mg (52.14%), Sodium: 2182.97mg (94.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.74g (89.48%), Selenium: 60.35µg (86.21%), Phosphorus: 671.17mg (67.12%), Calcium: 640.37mg (64.04%), Iron: 11.24mg (62.44%), Vitamin C: 41.42mg (50.2%), Vitamin K: 48.21µg (45.91%), Vitamin B2: 0.61mg (36.14%), Zinc: 5.42mg (36.13%), Vitamin B12: 2.07µg (34.53%), Vitamin B6: 0.68mg (33.83%), Manganese: 0.66mg (32.79%), Vitamin A: 1485.15IU (29.7%), Vitamin B3: 5.35mg (26.74%), Copper: 0.52mg (26.13%), Magnesium: 90.03mg (22.51%), Potassium: 756.28mg (21.61%), Fiber: 4.45g (17.8%), Vitamin B5: 1.61mg (16.07%), Vitamin E: 2.36mg (15.73%), Vitamin B1: 0.23mg (15.22%), Folate: 51.08µg (12.77%), Vitamin D: 0.58µg (3.85%)