



Turkey Sausage and Mushroom Lasagna

READY IN



105 min.

SERVINGS



10

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 eggs slightly beaten
- ☐ 10 servings parsley fresh chopped
- ☐ 1 lb turkey sausage italian
- ☐ 10 lasagne pasta sheets uncooked
- ☐ 32 oz part-skim ricotta reduced-fat
- ☐ 9 oz mushrooms drained sliced
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 2 tablespoons parsley
- ☐ 0.3 teaspoon salt

- ☐ 16 oz mozzarella cheese shredded
- ☐ 26 oz tomato basil sauce

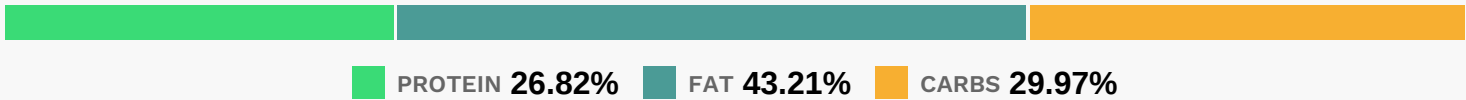
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ In 12-inch nonstick skillet, cook sausage over medium-high heat 8 to 10 minutes, stirring occasionally to crumble, until no longer pink; drain. Stir in pasta sauce and mushrooms; set aside.
- ☐ In medium bowl, stir together ricotta cheese, egg, 2 tablespoons parsley flakes, the Parmesan cheese and salt until blended.
- ☐ In baking dish, arrange 5 uncooked noodles in single layer; layer with half of the sausage mixture, half of the ricotta mixture and 2 cups of the mozzarella cheese. Repeat layers.
- ☐ Cover; bake 55 minutes. Uncover; bake 10 to 15 minutes longer or until bubbly.
- ☐ Let stand 10 minutes before cutting.
- ☐ Sprinkle with chopped fresh parsley.

Nutrition Facts



Properties

Glycemic Index:13.3, Glycemic Load:8.9, Inflammation Score:-8, Nutrition Score:25.023043601409%

Flavonoids

Apigenin: 26.63mg, Apigenin: 26.63mg, Apigenin: 26.63mg, Apigenin: 26.63mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 506.51kcal (25.33%), Fat: 24.17g (37.19%), Saturated Fat: 12.58g (78.61%), Carbohydrates: 37.72g (12.57%), Net Carbohydrates: 33.56g (12.2%), Sugar: 8.84g (9.82%), Cholesterol: 104.8mg (34.93%), Sodium: 1176.02mg (51.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.76g (67.52%), Selenium: 54.59µg (77.98%), Vitamin K: 72.77µg (69.3%), Calcium: 532.58mg (53.26%), Phosphorus: 501.31mg (50.13%), Iron: 6.29mg (34.93%), Vitamin B2: 0.53mg (31.14%), Vitamin A: 1535.36IU (30.71%), Vitamin C: 23.68mg (28.71%), Zinc: 4.18mg (27.85%), Vitamin B12: 1.55µg (25.81%), Potassium: 656.57mg (18.76%), Manganese: 0.37mg (18.44%), Fiber: 4.16g (16.63%), Vitamin B3: 3.28mg (16.39%), Vitamin B6: 0.29mg (14.46%), Magnesium: 55.46mg (13.87%), Copper: 0.26mg (13.04%), Vitamin B5: 1.24mg (12.37%), Folate: 36.87µg (9.22%), Vitamin B1: 0.12mg (7.79%), Vitamin D: 0.41µg (2.76%), Vitamin E: 0.3mg (1.98%)