



Turkey Sausage and Mushroom Lasagna

READY IN



105 min.

SERVINGS



10

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- ☐ 16 oz mozzarella cheese shredded
- ☐ 1 serving parsley fresh chopped

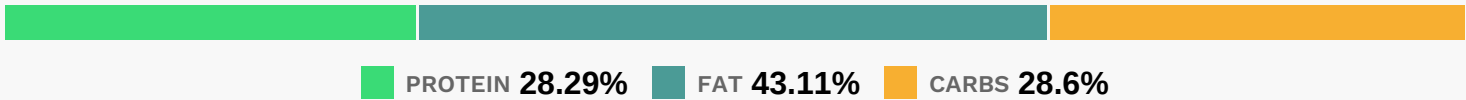
Equipment

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

Directions

- ☐ Heat oven to 350°F. 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:17.8, Glycemic Load:10.13, Inflammation Score:-8, Nutrition Score:23.207826230837%

Flavonoids

Apigenin: 18.88mg, Apigenin: 18.88mg, Apigenin: 18.88mg, Apigenin: 18.88mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Nutrients (% of daily need)

Calories: 469.83kcal (23.49%), Fat: 22.6g (34.76%), Saturated Fat: 12.32g (77%), Carbohydrates: 33.74g (11.25%), Net Carbohydrates: 30.96g (11.26%), Sugar: 6.13g (6.81%), Cholesterol: 104.8mg (34.93%), Sodium: 1246.24mg (54.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.36g (66.72%), Selenium: 55.02µg (78.61%), Phosphorus: 519.12mg (51.91%), Calcium: 514.34mg (51.43%), Iron: 6.35mg (35.25%), Vitamin B2: 0.57mg (33.75%), Zinc: 4.3mg (28.67%), Vitamin B12: 1.55µg (25.81%), Vitamin C: 20.52mg (24.87%), Vitamin A: 1109IU (22.18%), Manganese: 0.44mg (22.1%), Vitamin B3: 3.96mg (19.81%), Vitamin B6: 0.36mg (17.91%), Potassium: 619.67mg (17.7%), Copper: 0.34mg (17.01%), Magnesium: 64.72mg (16.18%), Vitamin K: 15.79µg (15.04%), Vitamin B5: 1.45mg (14.5%), Fiber: 2.79g (11.14%), Folate: 38.03µg (9.51%), Vitamin E: 1.33mg (8.88%), Vitamin B1: 0.13mg (8.76%), Vitamin D: 0.41µg (2.76%)