



Turkey Sausage and Spinach Lasagna

READY IN



95 min.

SERVINGS



6

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon canola oil
- ☐ 1 cup chicken stock see unsalted (such as Swanson)
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon garlic minced
- ☐ 8 ounce turkey sausage italian hot
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 cup milk 1% low-fat

- ☐ 6 no boil lasagna noodles
- ☐ 1 ounce parmesan fresh grated
- ☐ 1 ounce part-skim mozzarella cheese shredded
- ☐ 1.5 cups part-skim ricotta
- ☐ 0.5 cup shallots chopped
- ☐ 12 ounce pkt spinach fresh
- ☐ 2 tablespoons water

Equipment

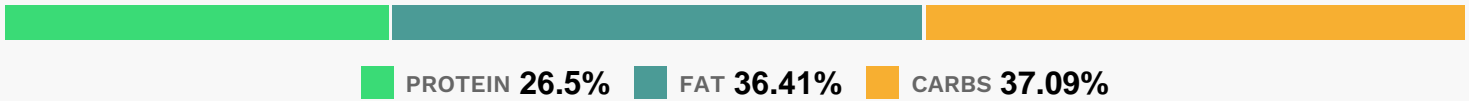
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 4 ingredients (through bay leaf) in a medium saucepan over medium heat, stirring with a whisk. Cook 8 minutes or until thick and bubbly, stirring frequently.
- ☐ Remove from heat; stir in salt and pepper.
- ☐ Spread 1 cup milk mixture in bottom of an 11 x 7-inch glass or ceramic baking dish coated with cooking spray.
- ☐ Heat a large skillet over medium heat.
- ☐ Add 2 tablespoons water and spinach to pan; cook 2 minutes or until spinach wilts.

- ☐ Drain spinach, pressing until barely moist. Increase heat to medium-high.
- ☐ Remove casings from sausage.
- ☐ Add sausage to pan; cook 4 minutes or until browned, stirring to crumble.
- ☐ Remove sausage from pan.
- ☐ Add shallots and garlic to pan; saut 2 minutes. Stir in remaining milk mixture, spinach, and cooked sausage.
- ☐ Remove pan from heat.
- ☐ Arrange 2 noodles over milk mixture in baking dish; top with 1/2 cup ricotta and one-third spinach mixture. Repeat layers twice.
- ☐ Sprinkle with mozzarella and Parmesan cheese. Cover with foil coated with cooking spray.
- ☐ Bake at 375 for 40 minutes.
- ☐ Remove foil.
- ☐ Preheat broiler to high.
- ☐ Broil 4 minutes or until cheese is golden brown.
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:4.12, Inflammation Score:-10, Nutrition Score:27.474782601647%

Flavonoids

Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 340.68kcal (17.03%), Fat: 14g (21.54%), Saturated Fat: 6.17g (38.55%), Carbohydrates: 32.09g (10.7%), Net Carbohydrates: 29.01g (10.55%), Sugar: 6.22g (6.91%), Cholesterol: 56.69mg (18.9%), Sodium: 750.43mg (32.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.93g (45.86%), Vitamin K: 276.7µg (263.52%), Vitamin A: 5749.95IU (115%), Calcium: 387.94mg (38.79%), Vitamin C: 29.5mg (35.76%), Selenium: 24.96µg (35.66%), Folate: 140.96µg (35.24%), Manganese: 0.68mg (34.03%), Iron: 6.1mg (33.87%), Phosphorus: 336.93mg (33.69%), Vitamin

B2: 0.44mg (25.75%), Vitamin B6: 0.41mg (20.51%), Potassium: 703.69mg (20.11%), Magnesium: 79mg (19.75%), Zinc: 2.56mg (17.04%), Vitamin B3: 2.9mg (14.5%), Fiber: 3.08g (12.3%), Vitamin B1: 0.18mg (11.92%), Vitamin B12: 0.68µg (11.3%), Vitamin E: 1.65mg (11.02%), Copper: 0.19mg (9.67%), Vitamin B5: 0.75mg (7.46%), Vitamin D: 0.53µg (3.55%)