



Turkey Sausage Lasagna

READY IN



135 min.

SERVINGS



12

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 servings pepper black freshly ground
- 56 ounce canned tomatoes crushed canned
- 1 large eggs lightly beaten
- 5 medium garlic clove finely chopped
- 1 pound turkey sausage italian uncooked
- 0.5 teaspoon kosher salt
- 12 servings olive oil for coating the foil
- 1 teaspoon oregano dried
- 8 ounce no boil lasagna noodles (12 noodles)

- 0.8 ounce parmesan cheese finely grated
- 1 tablespoon parsley fresh italian finely chopped
- 0.5 teaspoon pepper red
- 3 cups whole-milk mozzarella shredded
- 15 ounce ricotta cheese
- 1 medium onion yellow

Equipment

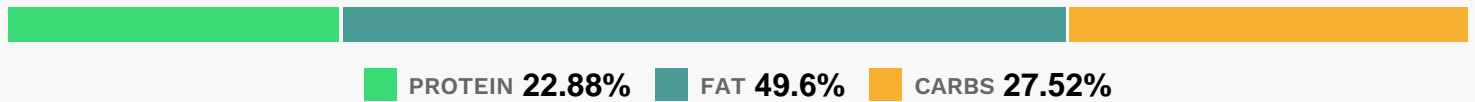
- frying pan
- oven
- wire rack
- baking pan
- wooden spoon
- aluminum foil
- dutch oven

Directions

- Heat the oil in a large heavy-bottomed pot or Dutch oven over medium heat until shimmering.
- Add the onion, garlic, oregano, and red pepper flakes, season with salt and pepper, and cook, stirring occasionally, until the onion has softened, about 8 minutes. Increase the heat to medium high, add the sausage, and cook, breaking up the meat into smaller pieces with a wooden spoon, until it's no longer pink and is starting to brown, about 6 to 8 minutes.
- Add the tomatoes, stir to combine, and bring the mixture to a boil. Reduce the heat to low and simmer, stirring occasionally, until the flavors meld and the sauce thickens slightly, about 30 minutes.
- Heat the oven to 375°F and arrange a rack in the middle.
- Spread 1/2 cup of the sauce in a thin layer over the bottom of a 13-by-9-inch baking dish.
- Layer 3 of the noodles over the sauce. Top with another 1 1/2 cups of the sauce and spread it evenly to the edges of the dish. Using a spoon, dollop a third of the ricotta mixture evenly over the sauce and flatten the dollops with the back of the spoon (the mixture will spread out more as it cooks).

- Sprinkle evenly with a quarter of the mozzarella. Make 2 more layers of noodles, sauce, ricotta, and mozzarella. Finish with a layer of the remaining noodles, sauce, and mozzarella.
- Sprinkle with the Parmesan. Coat 1 side of a large piece of aluminum foil with olive oil and cover the dish tightly with the foil, oil-side down. (You can prepare the lasagna up to this point up to 1 day ahead and refrigerate; allow to come to room temperature before baking.)
- Bake until the sauce is starting to bubble around the edges, about 20 minutes.
- Remove the foil and continue baking until the top of the lasagna is browned, about 30 minutes more.
- Remove the pan to a wire rack and let cool for 15 minutes.
- Sprinkle with the parsley before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:15.92, Glycemic Load:3.32, Inflammation Score:-7, Nutrition Score:18.642608637395%

Flavonoids

Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 414.8kcal (20.74%), Fat: 23.55g (36.23%), Saturated Fat: 6.63g (41.42%), Carbohydrates: 29.4g (9.8%), Net Carbohydrates: 25.05g (9.11%), Sugar: 8.32g (9.24%), Cholesterol: 68.67mg (22.89%), Sodium: 901.37mg (39.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.44g (48.89%), Calcium: 424.16mg (42.42%), Phosphorus: 378.48mg (37.85%), Iron: 5.88mg (32.65%), Selenium: 21.82µg (31.16%), Vitamin C: 25.18mg (30.52%), Vitamin E: 3.87mg (25.8%), Vitamin K: 23.14µg (22.03%), Vitamin B6: 0.42mg (20.97%), Zinc: 2.85mg (19.03%), Vitamin B2: 0.32mg (18.78%), Fiber: 4.36g (17.42%), Potassium: 609.28mg (17.41%), Manganese: 0.33mg (16.39%), Copper: 0.32mg (15.8%), Vitamin B3: 3.12mg (15.62%), Vitamin A: 726.74IU (14.53%), Magnesium: 52.39mg (13.1%), Vitamin B12: 0.6µg (10.07%), Vitamin B1: 0.15mg (9.74%), Vitamin B5: 0.84mg (8.38%), Folate: 32.09µg (8.02%), Vitamin D: 0.16µg (1.09%)