



# White Lasagna with Spicy Turkey Sausage and 'Shrooms

READY IN



120 min.

SERVINGS



6

CALORIES



848 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 pounds bulk spicy turkey sausage italian
- 0.8 cup button mushrooms sliced
- 6 servings coarse salt
- 1 large eggs
- 4 tablespoons flour all-purpose
- 2 tablespoons flat-leaf parsley fresh finely chopped
- 2 teaspoons sea salt
- 6 servings kosher salt and pepper black freshly ground

- 1 tablespoon olive oil
- 1 package no-boil lasagna noodles
- 0.8 cup parmesan finely grated
- 1 cup parmesan finely grated
- 8 ounces mozzarella cheese shredded
- 15 ounces milk ricotta whole
- 3 tablespoons butter unsalted
- 3 cups milk whole
- 2 small zucchini finely sliced (2- to 3-inch pieces)

## Equipment

- frying pan
- sauce pan
- oven
- whisk
- mixing bowl
- baking pan
- wooden spoon
- aluminum foil
- broiler

## Directions

- Preheat the oven to 350 degrees F.
- For the white sauce: Bring a medium saucepan to low-medium heat and add the butter. Once the butter is melted, stir in the flour with a wooden spoon; cook for 2 minutes (do not let it color).
- Add the milk and bring to a boil, continuing to stir. Reduce the heat to medium-low and simmer for 1 minute.
- Remove the saucepan from the heat.

- Add in the Parmesan, whisking to incorporate. Season with salt and pepper.
- For the lasagna: In a skillet over medium-high heat, add the olive oil and cook the turkey sausage until just beginning to brown, about 4 minutes.
- Add the mushrooms and continue to saute until golden brown and the turkey is cooked through, 4 to 6 additional minutes. Season with kosher salt, pepper and granulated garlic. Stir well, and then shut off the heat and set aside to cool.
- In a small mixing bowl, combine ricotta, egg, Parmesan, about 1/2 teaspoon coarse salt and a few rounds of cracked pepper.
- Spread 1/4 cup of the white sauce in the bottom of a 9- by 13-inch nonreactive baking dish. Begin layering with 3 noodles, followed with about 1 cup ricotta mixture.
- Layer about half of the zucchini evenly over the ricotta. Follow with half the turkey sausage and mushrooms, finishing with 1 cup white sauce.
- Sprinkle with 1/3 of the mozzarella. Repeat. Top the second layer with 4 noodles, white sauce and sprinkle with the remaining mozzarella.
- Bake, covered with foil, for 30 minutes.
- Remove from the oven and remove the foil cover.
- Heat the broiler to maximum temperature. Broil until the cheese is browned and bubbling, about 1 minute.
- Garnish with the parsley.

## Nutrition Facts

 **PROTEIN 26.16%**  **FAT 47.6%**  **CARBS 26.24%**

### Properties

Glycemic Index:58, Glycemic Load:6.93, Inflammation Score:-8, Nutrition Score:36.948261426843%

### Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

### Nutrients (% of daily need)

Calories: 848.43kcal (42.42%), Fat: 45.18g (69.51%), Saturated Fat: 22.72g (141.99%), Carbohydrates: 56.05g (18.68%), Net Carbohydrates: 52.36g (19.04%), Sugar: 16.8g (18.67%), Cholesterol: 218mg (72.67%), Sodium: 2392.31mg (104.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.89g (111.78%), Iron: 15.67mg (87.05%), Phosphorus: 864.66mg (86.47%), Calcium: 822.17mg (82.22%), Selenium: 55.98µg (79.98%), Vitamin C: 55.04mg (66.72%), Vitamin B2: 0.88mg (52.05%), Vitamin B12: 2.99µg (49.91%), Vitamin B6: 0.85mg (42.27%), Zinc: 6.3mg (42%), Vitamin B3: 6.82mg (34.09%), Vitamin A: 1424.96IU (28.5%), Potassium: 925.24mg (26.44%), Vitamin K: 27.6µg (26.29%), Vitamin B5: 2.54mg (25.41%), Magnesium: 93.35mg (23.34%), Vitamin B1: 0.31mg (20.94%), Vitamin D: 2.71µg (18.1%), Fiber: 3.69g (14.74%), Copper: 0.27mg (13.27%), Manganese: 0.26mg (13.09%), Folate: 44.05µg (11.01%), Vitamin E: 0.89mg (5.92%)