

Sausage Vegetable White Sauce Lasagna

Yield: 9 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sausage-spinach-lasagna-recipe>

Ingredients:

- 1 1/2 pounds Italian sausage casings removed and discarded
- 4 cloves garlic large, chopped
- 1 medium onion chopped
- 1 cup roasted red peppers, drained and chopped
- 1/2 cup white wine or chicken broth
- 10 ounces spinach chopped, thawed and squeezed dry
- 15 ounces ricotta cheese
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 large egg lightly beaten
- 34 ounces Alfredo sauce Jars or homemade
- 12 lasagna noodles uncooked
- 2 cups mozzarella cheese shredded
- 1 cup Parmesan cheese shredded

Nutrition:

1. Calories: 1070 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 190 milligrams
4. Fat: 77 grams
5. Fiber: 3 grams
6. Protein: 43 grams
7. SaturatedFat: 31 grams
8. Sodium: 4080 milligrams
9. Sugar: 6 grams

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