



## Beefy Spinach Lasagna Rolls

READY IN



52 min.

SERVINGS



8

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon bottled garlic minced
- 2 tablespoons breadcrumbs dry italian with romano cheese (such as vigo style)
- 0.5 cup egg substitute
- 2 teaspoons penzey's southwest seasoning dried italian
- 8 lasagna noodles uncooked
- 1 pound ground beef 92% lean (such as Laura's Ground Beef)
- 26 ounce cabernet marinara sauce with herbs (such as classico)
- 0.5 cup onion chopped ()
- 0.5 cup parmesan cheese fresh shredded

- 1 cup part-skim ricotta cheese
- 0.3 teaspoon salt
- 10 ounce pkt spinach frozen dry thawed drained chopped

## Equipment

- frying pan
- baking sheet
- oven
- baking pan

## Directions

- Preheat oven to 37
- Cook lasagna noodles according to package directions, omitting salt and fat.
- Drain and place noodles side by side on a baking sheet coated with cooking spray. Coat each noodle lightly with cooking spray to prevent sticking to one another.
- While noodles cook, heat a large nonstick skillet over medium-high heat.
- Add beef, onion, and garlic, and cook until browned, stirring to crumble beef.
- Drain, if necessary. Return beef mixture to pan; stir in spinach.
- Combine ricotta, egg substitute, Italian seasoning, breadcrumbs, and salt.
- Add beef mixture, stirring well.
- Spread 1 cup sauce in a 13 x 9-inch baking dish coated with cooking spray. Working with one noodle at a time, spread a heaping 1/2 cup beef mixture over noodle.
- Roll noodle up, and place, seam side down, in baking dish. Repeat with remaining noodles and filling.
- Pour remaining sauce over lasagna rolls.
- Cover and bake at 375 for 25 minutes or until bubbly.
- Sprinkle evenly with Parmesan cheese.

## Nutrition Facts



■ PROTEIN 33.8% ■ FAT 23.28% ■ CARBS 42.92%

## Properties

Glycemic Index:22, Glycemic Load:10.43, Inflammation Score:-10, Nutrition Score:28.382608859435%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

## Nutrients (% of daily need)

Calories: 306.42kcal (15.32%), Fat: 7.98g (12.27%), Saturated Fat: 4g (25.01%), Carbohydrates: 33.09g (11.03%), Net Carbohydrates: 29.25g (10.63%), Sugar: 5.32g (5.91%), Cholesterol: 49.01mg (16.34%), Sodium: 762.59mg (33.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.06g (52.11%), Vitamin K: 138.3µg (131.72%), Vitamin A: 4764.76IU (95.3%), Selenium: 43.99µg (62.84%), Manganese: 0.71mg (35.41%), Phosphorus: 328.96mg (32.9%), Zinc: 4.5mg (30.03%), Calcium: 257.16mg (25.72%), Vitamin B12: 1.49µg (24.91%), Vitamin B3: 4.96mg (24.8%), Vitamin B6: 0.49mg (24.43%), Vitamin B2: 0.4mg (23.58%), Iron: 4.11mg (22.84%), Potassium: 764.66mg (21.85%), Magnesium: 81.26mg (20.31%), Folate: 80.23µg (20.06%), Vitamin E: 2.91mg (19.43%), Copper: 0.32mg (15.83%), Fiber: 3.84g (15.36%), Vitamin B5: 1.2mg (11.97%), Vitamin C: 9.81mg (11.89%), Vitamin B1: 0.16mg (10.95%), Vitamin D: 0.36µg (2.39%)