



WHATSheATE



Black Bean Lasagna Rolls



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



619 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 cups black beans canned drained



4.5 ounce chilis green drained chopped canned



0.5 teaspoon chili powder



8 lasagne pasta sheets uncooked



4 ounces monterrey jack cheese shredded reduced-fat



15.5 ounce natural butter extract



15 ounce part-skim ricotta



0.1 teaspoon salt

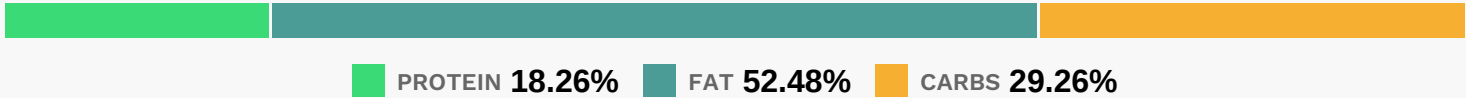
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Cook lasagna noodles according to package directions, omitting salt and fat; drain well.
- ☐ Combine cheeses and next 3 ingredients, stirring well.
- ☐ Spread cheese mixture over 1 side of each noodle. Spoon black beans evenly over cheese mixture.
- ☐ Roll up noodles, jelly-roll fashion, beginning at narrow ends.
- ☐ Place lasagna rolls, seam sides down, in an 11- x 7-inch baking dish coated with cooking spray. Cover and bake at 350 for 25 minutes or until thoroughly heated.
- ☐ To serve, spoon salsa evenly over rolls, and garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:10.37, Inflammation Score:-7, Nutrition Score:22.580434755139%

Nutrients (% of daily need)

Calories: 619.03kcal (30.95%), Fat: 37.45g (57.61%), Saturated Fat: 11.13g (69.55%), Carbohydrates: 46.98g (15.66%), Net Carbohydrates: 39.28g (14.28%), Sugar: 6.76g (7.51%), Cholesterol: 29.09mg (9.7%), Sodium: 264.63mg (11.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.31g (58.63%), Manganese: 1.26mg (63.1%), Phosphorus: 459.47mg (45.95%), Selenium: 31.47µg (44.96%), Vitamin B3: 8.06mg (40.29%), Magnesium: 149.84mg (37.46%), Vitamin E: 5.15mg (34.34%), Folate: 135µg (33.75%), Fiber: 7.7g (30.79%), Calcium: 300.91mg (30.09%), Zinc: 3.41mg (22.75%), Copper: 0.43mg (21.32%), Vitamin B2: 0.31mg (18.07%), Vitamin B6: 0.36mg (17.76%), Potassium: 619.97mg (17.71%), Iron: 2.79mg (15.51%), Vitamin B1: 0.23mg (15.18%), Vitamin B5: 0.98mg (9.8%), Vitamin A: 372.86IU (7.46%), Vitamin C: 5.45mg (6.61%), Vitamin B12: 0.27µg (4.53%)