



## Cheese Lovers Pasta Roll Ups

🤍 Popular

READY IN



75 min.

SERVINGS



8

CALORIES



417 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 lasagna noodles cooked
- 1 eggs beaten
- 4 green onions chopped
- 2 cups milk italian\* three cheese blend shredded 2% kraft
- 1 Tbsp penzey's southwest seasoning dried italian
- 0.3 cup parmesan cheese grated kraft
- 24 oz classico family favorites pasta sauce divided traditional
- 15 oz polly-o original ricotta cheese

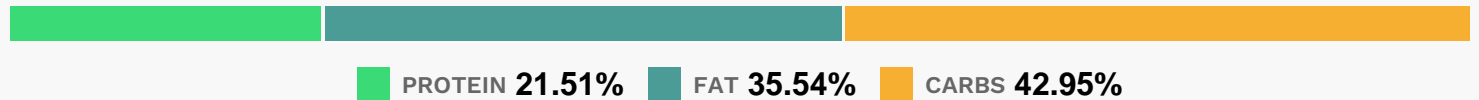
## Equipment

- oven
- baking pan

## Directions

- Heat oven to 375F.
- Mix first 5 ingredients until blended.
- Spread 1/2 cup pasta sauce onto bottom of 13x9-inch baking dish.
- Spread each noodle with 3 Tbsp. cheese mixture; roll up.
- Place, seam-sides down, in dish. Top with remaining sauce and Parmesan; cover.
- Bake 40 to 50 min. or until heated through, uncovering for the last 10 min.

## Nutrition Facts



## Properties

Glycemic Index:19.69, Glycemic Load:18.91, Inflammation Score:-6, Nutrition Score:13.706521915353%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 416.98kcal (20.85%), Fat: 16.71g (25.7%), Saturated Fat: 6.44g (40.27%), Carbohydrates: 45.44g (15.15%), Net Carbohydrates: 41.58g (15.12%), Sugar: 4.03g (4.48%), Cholesterol: 55.89mg (18.63%), Sodium: 565.79mg (24.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.75g (45.5%), Selenium: 42.74µg (61.06%), Manganese: 0.53mg (26.28%), Calcium: 231.34mg (23.13%), Phosphorus: 210.4mg (21.04%), Vitamin K: 19.34µg (18.42%), Iron: 2.98mg (16.58%), Fiber: 3.86g (15.43%), Vitamin A: 731.98IU (14.64%), Vitamin B2: 0.23mg (13.35%), Copper: 0.24mg (12.16%), Potassium: 398.98mg (11.4%), Magnesium: 44.85mg (11.21%), Zinc: 1.66mg (11.08%), Vitamin E: 1.58mg (10.51%), Vitamin B6: 0.19mg (9.35%), Vitamin C: 7.1mg (8.6%), Folate: 30.53µg (7.63%), Vitamin B3: 1.45mg (7.23%), Vitamin B5: 0.62mg (6.15%), Vitamin B12: 0.27µg (4.53%), Vitamin B1: 0.06mg (3.92%), Vitamin D: 0.23µg (1.55%)