Cheese Lovers Pasta Roll Ups

READY IN	SERVINGS	CALORIES
75 min.	15	222 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

■ PROTEIN **21.51%**   ■ FAT **35.54%**   ■ CARBS **42.95%**

Properties

Glycemic Index:10.5, Glycemic Load:10.08, Inflammation Score:-4, Nutrition Score:7.3099999764691%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 222.39kcal (11.12%), Fat: 8.91g (13.71%), Saturated Fat: 3.44g (21.48%), Carbohydrates: 24.24g (8.08%), Net Carbohydrates: 22.18g (8.06%), Sugar: 2.15g (2.39%), Cholesterol: 29.81mg (9.94%), Sodium: 301.76mg (13.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.13g (24.27%), Selenium: 22.8µg (32.57%), Manganese: 0.28mg (14.02%), Calcium: 123.38mg (12.34%), Phosphorus: 112.21mg (11.22%), Vitamin K: 10.32µg (9.82%), Iron: 1.59mg (8.84%), Fiber: 2.06g (8.23%), Vitamin A: 390.39IU (7.81%), Vitamin B2: 0.12mg (7.12%), Copper: 0.13mg (6.48%), Potassium: 212.79mg (6.08%), Magnesium: 23.92mg (5.98%), Zinc: 0.89mg (5.91%), Vitamin E: 0.84mg (5.6%), Vitamin B6: 0.1mg (4.99%), Vitamin C: 3.78mg (4.59%), Folate: 16.28µg (4.07%), Vitamin B3: 0.77mg (3.85%), Vitamin B5: 0.33mg (3.28%), Vitamin B12: 0.14µg (2.42%), Vitamin B1: 0.03mg (2.09%)