



Cheesy Spinach Lasagna Roll-Ups

READY IN



80 min.

SERVINGS



8

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup carrots shredded (1 small)
- ☐ 1 cup part-skim ricotta
- ☐ 2 egg whites
- ☐ 0.5 teaspoon fennel seeds
- ☐ 2 cloves garlic minced
- ☐ 2 teaspoons seasoning italian
- ☐ 8 lasagne pasta sheets uncooked
- ☐ 0.5 lb pd of ground turkey lean
- ☐ 26 oz pasta sauce

- ☐ 4 oz mozzarella cheese shredded
- ☐ 9 oz spinach green frozen dry thawed drained giant®

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Cook lasagna noodles as directed on package.
- ☐ Drain; rinse with hot water.
- ☐ Meanwhile, in 10-inch skillet, cook ground turkey and garlic over medium-high heat, stirring frequently, until turkey is no longer pink; drain, if necessary. Stir in pasta sauce, Italian seasoning and fennel. Reduce heat to low; simmer uncovered about 15 minutes, stirring occasionally.
- ☐ In small bowl, mix ricotta cheese, carrot, spinach and egg whites.
- ☐ Spread each cooked lasagna noodle with generous 1/4 cup spinach filling to within 1 inch of one short end.
- ☐ Roll up firmly toward unfilled end.
- ☐ Reserve 1 1/2 cups sauce. In ungreased 12x8-inch (2-quart) glass baking dish, pour remaining sauce. Arrange roll-ups, seam side down, in sauce.
- ☐ Pour reserved sauce over roll-ups.
- ☐ Cover tightly with foil; bake 30 to 40 minutes or until hot and bubbly.
- ☐ Sprinkle with mozzarella cheese; bake uncovered 3 to 5 minutes longer or until cheese is melted.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



 **PROTEIN 30.33%**  **FAT 24%**  **CARBS 45.67%**

Properties

Glycemic Index:24.48, Glycemic Load:10.4, Inflammation Score:-10, Nutrition Score:24.438695632893%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 262.35kcal (13.12%), Fat: 7.13g (10.97%), Saturated Fat: 3.67g (22.94%), Carbohydrates: 30.53g (10.18%), Net Carbohydrates: 26.82g (9.75%), Sugar: 4.94g (5.49%), Cholesterol: 36.4mg (12.13%), Sodium: 622.42mg (27.06%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 20.27g (40.55%), Vitamin K: 125.97µg (119.97%), Vitamin A: 5705.92IU (114.12%), Selenium: 35.65µg (50.93%), Manganese: 0.65mg (32.34%), Phosphorus: 271.11mg (27.11%), Vitamin B6: 0.47mg (23.29%), Calcium: 230.68mg (23.07%), Vitamin B3: 4.46mg (22.32%), Vitamin B2: 0.32mg (18.64%), Magnesium: 72.09mg (18.02%), Potassium: 628.84mg (17.97%), Folate: 69.9µg (17.47%), Vitamin E: 2.5mg (16.64%), Fiber: 3.7g (14.82%), Zinc: 2.15mg (14.35%), Iron: 2.52mg (13.99%), Copper: 0.27mg (13.67%), Vitamin C: 8.95mg (10.85%), Vitamin B12: 0.56µg (9.41%), Vitamin B5: 0.82mg (8.25%), Vitamin B1: 0.11mg (7.61%), Vitamin D: 0.2µg (1.34%)