



Chicken Lasagna Roll-Ups

READY IN



50 min.

SERVINGS



6

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 6 lasagna noodles cooked
- 1 eggs beaten
- 0.5 tsp penzey's southwest seasoning dried italian
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 0.3 cup parmesan cheese grated kraft
- 2 cups classico family favorites pasta sauce traditional
- 1 cup polly-o original ricotta cheese

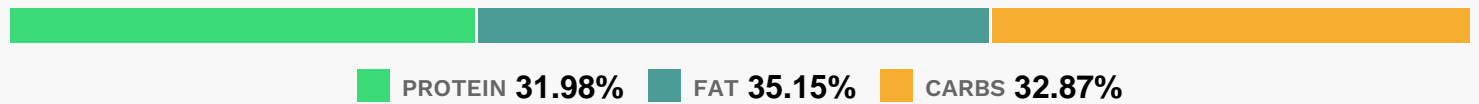
Equipment

- oven
- baking pan

Directions

- Heat oven to 375F.
- Combine first 5 ingredients; spread onto noodles.
- Roll up tightly.
- Place, seam-sides down, in 9-inch square baking dish. Cover with sauce; top with mozzarella.
- Bake 30 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:20.92, Glycemic Load:10.2, Inflammation Score:-6, Nutrition Score:13.839130370513%

Nutrients (% of daily need)

Calories: 308.94kcal (15.45%), Fat: 12.02g (18.5%), Saturated Fat: 6.62g (41.37%), Carbohydrates: 25.3g (8.43%), Net Carbohydrates: 22.93g (8.34%), Sugar: 3.6g (4%), Cholesterol: 88.03mg (29.34%), Sodium: 642.31mg (27.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.61g (49.22%), Selenium: 36.55µg (52.22%), Phosphorus: 314.38mg (31.44%), Calcium: 294.75mg (29.48%), Vitamin B3: 5.01mg (25.07%), Vitamin B2: 0.28mg (16.66%), Vitamin B6: 0.33mg (16.39%), Manganese: 0.3mg (15.14%), Vitamin A: 711.48IU (14.23%), Zinc: 2.04mg (13.62%), Iron: 2.25mg (12.48%), Potassium: 420.28mg (12.01%), Magnesium: 42.85mg (10.71%), Vitamin E: 1.49mg (9.91%), Fiber: 2.37g (9.48%), Copper: 0.19mg (9.45%), Vitamin B12: 0.51µg (8.53%), Vitamin B5: 0.82mg (8.23%), Vitamin C: 5.72mg (6.93%), Folate: 23.38µg (5.84%), Vitamin B1: 0.06mg (4.3%), Vitamin K: 4.15µg (3.95%), Vitamin D: 0.33µg (2.23%)