



Crab Lasagna Rolls

READY IN



45 min.

SERVINGS



8

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz artichoke hearts drained chopped canned
- ☐ 0.8 pound surimi crab sticks shelled cooked
- ☐ 1.5 teaspoons cornstarch
- ☐ 1 teaspoon basil dried
- ☐ 0.5 cup fat-skimmed chicken broth
- ☐ 1 clove garlic minced pressed
- ☐ 2 tablespoons green onion thinly sliced
- ☐ 0.7 cup jack cheese shredded
- ☐ 8 oz lasagna dried

- ☐ 0.5 cup cup heavy whipping cream sour reduced-fat
- ☐ 0.3 pound mushrooms sliced
- ☐ 8 oz neufchâtel cheese light cut into chunks (cream)
- ☐ 2 teaspoons olive oil
- ☐ 8 oz onion peeled chopped
- ☐ 8 servings salt and pepper

Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

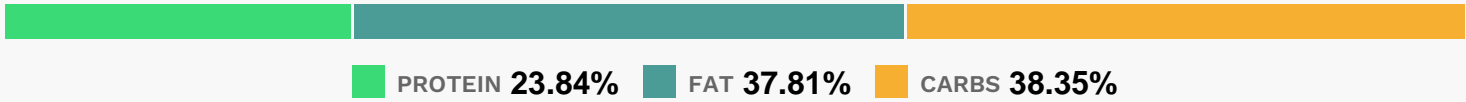
Directions

- ☐ In a 5- to 6-quart pan over high heat, bring about 3 quarts water to a boil.
- ☐ Add lasagna and cook just until tender to bite, 10 to 12 minutes.
- ☐ Drain and rinse with warm water.
- ☐ Meanwhile, in an 11- to 12-inch frying pan over medium-high heat, frequently stir oil, onion, mushrooms, garlic, and basil until onion is limp, 6 to 8 minutes.
- ☐ Mix broth and cornstarch.
- ☐ Pour into pan and stir until boiling.
- ☐ Add cream cheese and stir until melted.
- ☐ Mix in sour cream, artichokes, and crab.
- ☐ Add salt and pepper to taste.
- ☐ Remove from heat.
- ☐ Lay noodles flat. Divide all the crab mixture equally among noodles and spread the length of each strip.
- ☐ Roll noodles from a narrow end around filling. Set seam down, in a single layer, in a shallow 3- to 3 1/2-quart casserole. Cover with foil. If making ahead, chill up to 1 day.
- ☐ Bake, covered, in a 350 oven until hot in center, 20 to 25 minutes (if chilled, 25 to 30 minutes). Uncover and sprinkle with jack cheese. Return to oven until cheese melts, about 5

minutes.

☐ Sprinkle with green onion.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:9.55, Inflammation Score:-5, Nutrition Score:13.764782584232%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg

Nutrients (% of daily need)

Calories: 304.95kcal (15.25%), Fat: 12.69g (19.52%), Saturated Fat: 6.7g (41.86%), Carbohydrates: 28.95g (9.65%), Net Carbohydrates: 26.55g (9.66%), Sugar: 3.67g (4.07%), Cholesterol: 75.64mg (25.21%), Sodium: 841.52mg (36.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18g (36%), Selenium: 40.67µg (58.1%), Vitamin B12: 1.67µg (27.89%), Phosphorus: 267.72mg (26.77%), Copper: 0.51mg (25.26%), Zinc: 2.75mg (18.34%), Manganese: 0.36mg (18.1%), Calcium: 180.55mg (18.05%), Vitamin B2: 0.23mg (13.25%), Vitamin B3: 2.37mg (11.85%), Folate: 43.33µg (10.83%), Magnesium: 42.7mg (10.68%), Potassium: 354.27mg (10.12%), Vitamin B5: 1mg (9.97%), Fiber: 2.39g (9.57%), Vitamin B6: 0.19mg (9.33%), Vitamin E: 1.17mg (7.78%), Vitamin A: 375.32IU (7.51%), Vitamin K: 6.92µg (6.59%), Iron: 1mg (5.53%), Vitamin C: 4.33mg (5.25%), Vitamin B1: 0.08mg (5.06%)