



Creamy Lasagna Roll-Ups

READY IN



80 min.

SERVINGS



12

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 oz canned tomatoes diced drained canned
- 8 oz philadelphia cream cheese spread
- 12 lasagna noodles cooked
- 2 eggs beaten
- 2 Tbsp parsley fresh chopped
- 4 cloves garlic minced
- 8 oz italian* five cheese shredded with a touch of philadelphia kraft
- 0.5 tsp penzey's southwest seasoning dried italian
- 1 lb ground beef lean

- 2 Tbsp milk
- 0.5 cup parmesan cheese divided grated kraft
- 24 oz classico family favorites pasta sauce traditional

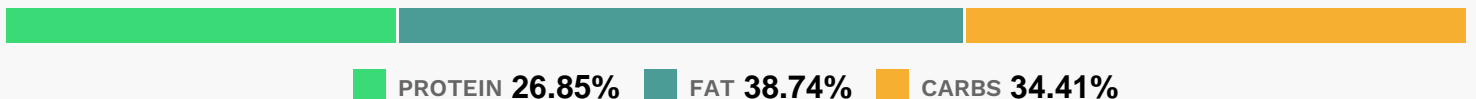
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Heat oven to 350F.
- Brown meat with garlic in large skillet; drain. Stir in pasta sauce, tomatoes and 1/4 cup Parmesan.
- Remove from heat.
- Mix cream cheese spread, milk and Italian seasoning in medium bowl until blended.
- Add eggs, shredded cheese and parsley; mix well.
- Spread half the meat sauce onto bottom of 13x9-inch baking dish sprayed with cooking spray.
- Spread each noodle with 3 Tbsp. cream cheese mixture; roll up.
- Place, seam sides down, over sauce in dish.
- Top with remaining meat sauce and Parmesan; cover.
- Bake 45 to 50 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:19.71, Glycemic Load:10.27, Inflammation Score:-5, Nutrition Score:12.664347762647%

Flavonoids

Apigenin: 1.36mg, Apigenin: 1.36mg, Apigenin: 1.36mg, Apigenin: 1.36mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 310.14kcal (15.51%), Fat: 13.49g (20.76%), Saturated Fat: 5.31g (33.17%), Carbohydrates: 26.97g (8.99%), Net Carbohydrates: 24.31g (8.84%), Sugar: 4.62g (5.13%), Cholesterol: 70.14mg (23.38%), Sodium: 547.95mg (23.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.04g (42.08%), Selenium: 26.87µg (38.38%), Zinc: 2.75mg (18.35%), Phosphorus: 181.38mg (18.14%), Manganese: 0.35mg (17.38%), Vitamin B3: 3.33mg (16.64%), Vitamin B12: 0.98µg (16.36%), Iron: 2.89mg (16.05%), Vitamin B6: 0.32mg (15.78%), Vitamin K: 14.49µg (13.8%), Calcium: 135.56mg (13.56%), Potassium: 455.95mg (13.03%), Vitamin A: 633.11IU (12.66%), Copper: 0.23mg (11.42%), Vitamin B2: 0.18mg (10.65%), Fiber: 2.66g (10.62%), Vitamin E: 1.51mg (10.03%), Vitamin C: 8.28mg (10.03%), Magnesium: 37.88mg (9.47%), Vitamin B5: 0.72mg (7.25%), Folate: 20.51µg (5.13%), Vitamin B1: 0.07mg (5%), Vitamin D: 0.23µg (1.55%)