



## Freeze-Ahead Spinach-Cheese Lasagna Rolls

READY IN



115 min.

SERVINGS



45

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 48 oz lasagne pasta sheets
- ☐ 24 oz feta cheese crumbled
- ☐ 24 oz curd cottage cheese
- ☐ 15 oz ricotta cheese
- ☐ 4 oz parmesan shredded
- ☐ 18 oz spinach frozen thawed chopped
- ☐ 1 serving tomatoes
- ☐ 1 oz cheese shredded

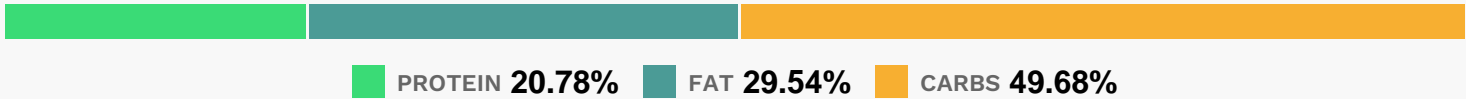
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ dutch oven
- ☐ glass baking pan

# Directions

- ☐ In Dutch oven, cook noodles in boiling water, working in batches of about 15 noodles, about 5 minutes or just until flexible but not fully cooked. Return water to boiling before adding next batch of noodles.
- ☐ Drain; place noodles in single layer on paper towels.
- ☐ In large bowl, mix feta cheese, cottage cheese, ricotta cheese and Parmesan cheese. Stir in spinach.
- ☐ Spread 3 tablespoons filling down length of each noodle; roll up and place seam side down on cookie sheet. Freeze about 30 minutes.
- ☐ Place frozen rolls in resealable freezer plastic bags. Seal bags; freeze up to 3 months.
- ☐ To bake, remove 6 lasagna rolls from bag. Spray 8-inch square (2-quart) glass baking dish with cooking spray; place rolls in dish. Cover with foil; thaw in refrigerator overnight.
- ☐ Heat oven to 350°F.
- ☐ Pour 2 cups marinara sauce over rolls; sprinkle with 1 cup shredded mozzarella cheese. Cover; bake 35 to 40 minutes or until sauce is bubbly and cheese is melted.

# Nutrition Facts



# Properties

Glycemic Index:4.93, Glycemic Load:9.52, Inflammation Score:-8, Nutrition Score:10.738260891127%

Nutrients (% of daily need)

Calories: 199.91kcal (10%), Fat: 6.52g (10.03%), Saturated Fat: 3.68g (22.99%), Carbohydrates: 24.68g (8.23%), Net Carbohydrates: 23.35g (8.49%), Sugar: 1.43g (1.59%), Cholesterol: 23.19mg (7.73%), Sodium: 295.53mg (12.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.32g (20.65%), Vitamin K: 42.72µg (40.69%), Selenium: 25.66µg (36.65%), Vitamin A: 1494.51IU (29.89%), Manganese: 0.37mg (18.29%), Phosphorus: 173.74mg (17.37%), Calcium: 162.3mg (16.23%), Vitamin B2: 0.23mg (13.36%), Zinc: 1.19mg (7.96%), Magnesium: 31.34mg (7.84%), Folate: 30.23µg (7.56%), Vitamin B6: 0.14mg (7.15%), Vitamin B12: 0.39µg (6.49%), Copper: 0.12mg (5.95%), Fiber: 1.34g (5.35%), Vitamin B1: 0.07mg (4.55%), Iron: 0.8mg (4.44%), Potassium: 152.58mg (4.36%), Vitamin B5: 0.41mg (4.14%), Vitamin B3: 0.78mg (3.9%), Vitamin E: 0.46mg (3.08%)