



Grilled Chicken and Portobello Lasagna Rollups

READY IN



90 min.

SERVINGS



18

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups alfredo sauce
- ☐ 2 cups meat from a rotisserie chicken diced cooked
- ☐ 18 lasagna noodles cooked drained
- ☐ 1 cup pkt spinach frozen chopped
- ☐ 18 servings salt and ground pepper black to taste
- ☐ 2 cups tomatoes
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup parmesan cheese grated

- ☐ 0.3 cup pinenuts
- ☐ 2 portabello mushrooms diced
- ☐ 15 ounce ricotta cheese
- ☐ 1 cup mozzarella cheese shredded
- ☐ 1 teaspoon vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ glass baking pan

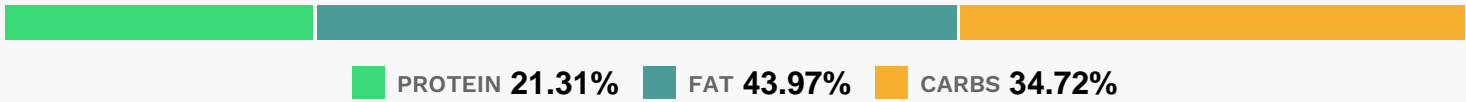
Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Stir in the lasagna noodles, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the noodles are cooked, but still firm to the bite, about 8 minutes; drain and rinse.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Spread the marinara sauce in the bottom of a 9x13 glass baking dish; set aside.
- ☐ Heat oil in a skillet over medium heat; cook and stir mushrooms until they soften, about 5 minutes. Stir in spinach, and cook until hot; remove from heat.
- ☐ Stir together the chicken, ricotta cheese, Parmesan cheese, oregano, and the cooked spinach mixture in a large bowl. Season to taste with salt and black pepper.
- ☐ Spread about 1/4 cup of the mixture on each lasagna noodle.
- ☐ Roll the noodle up, and place seam-side down into the prepared baking dish. Repeat for each noodle. Spoon Alfredo sauce over the rollups.
- ☐ Bake, covered, in the preheated oven for 40 minutes. Uncover; sprinkle with mozzarella cheese and pine nuts. Return to the oven and bake until the cheese is melted and bubbly and the pine nuts are toasted, about 10 minutes.

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Serve hot.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:9.17, Inflammation Score:-7, Nutrition Score:11.540000096611%

Nutrients (% of daily need)

Calories: 268.32kcal (13.42%), Fat: 13.05g (20.07%), Saturated Fat: 6.01g (37.55%), Carbohydrates: 23.18g (7.73%), Net Carbohydrates: 21.18g (7.7%), Sugar: 2.24g (2.49%), Cholesterol: 49.12mg (16.37%), Sodium: 441.31mg (19.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.23g (28.46%), Selenium: 27.56µg (39.38%), Vitamin K: 35.78µg (34.07%), Vitamin A: 1314.7IU (26.29%), Manganese: 0.48mg (24.07%), Phosphorus: 174.41mg (17.44%), Calcium: 128.74mg (12.87%), Vitamin B3: 2.32mg (11.6%), Vitamin B2: 0.16mg (9.55%), Iron: 1.69mg (9.41%), Zinc: 1.4mg (9.34%), Magnesium: 34.64mg (8.66%), Copper: 0.17mg (8.64%), Vitamin B6: 0.17mg (8.32%), Fiber: 2g (8.01%), Potassium: 255.4mg (7.3%), Folate: 26.96µg (6.74%), Vitamin E: 0.95mg (6.33%), Vitamin B12: 0.31µg (5.16%), Vitamin B5: 0.49mg (4.93%), Vitamin B1: 0.05mg (3.64%), Vitamin C: 2.4mg (2.91%)