



# How to make the World's Greatest Lasagna Roll Ups

READY IN



110 min.

SERVINGS



18

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 16 oz tomato sauce canned
- 1.5 tsp basil dried
- 1 eggs
- 1 Tbsp olive oil extra virgin
- 15 oz canned tomatoes (diced fire roasted with basil) flavored canned
- 4 Tbsp parsley fresh chopped
- 2 cloves garlic minced
- 1 pound ground beef lean

- 0.3 tsp pepper black
- 1 pound ground sausage italian
- 1 tsp seasoning italian
- 18 servings lasagne pasta sheets uncooked
- 1 oz cheese sliced
- 0.5 cup onion chopped
- 0.8 cup parmesan grated
- 16 oz ricotta cheese
- 0.5 tsp salt
- 6 oz canned tomatoes canned
- 0.5 cup water

## Equipment

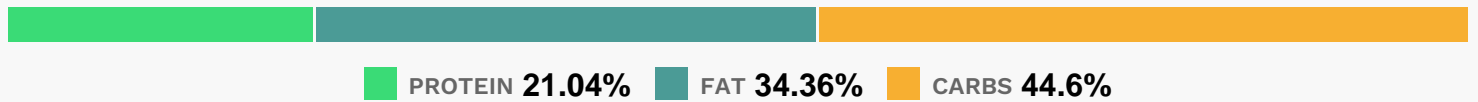
- frying pan
- sauce pan
- oven
- mixing bowl
- pot
- aluminum foil
- glass baking pan

## Directions

- In a large sauce pan on medium heat start browning your meat.
- On medium heat in a separate pan with the Tbsp of olive oil start to cook the onion, garlic, Italian seasoning, and basil for about 6–8 minutes, or until onion is translucent.
- Add this to the meat mixture, along with the tomatoes, tomato sauce, tomato paste, water, black pepper, and 2 tbsp of the fresh parsley. Allow to simmer uncovered for 1 hour.
- Bring a large pot of water to boil and begin cook the lasagna noodles for 8–10 minutes.
- Drain and rinse with cold water.

- In a small mixing bowl combine remaining parsley, ricotta cheese, egg, 1/2 tsp salt and mixwell.
- Heat oven to 37
- Pour some meat sauce into the bottom of a 9 x 13 glass baking dish.
- To make the roll ups place a noodle onto a flat surface and spread with the cheese mixture. Then sprinkle a little parmesan reggiano cheese on the cheese mixture.
- Then roll them up!
- Once you have all of the lasagna roll ups lined into the dish, cover each with a little more of the meat mixture. Top with a slice of mozzarella cheese and then cover the dish with foil.
- Bake in the oven for 20 minutes.
- Remove foil and bake for an additional 10 minutes uncovered.
- Remove from the oven and allow to cool for 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:20, Glycemic Load:17.87, Inflammation Score:-5, Nutrition Score:15.897391304348%

## Flavonoids

Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

## Taste

Sweetness: 40.58%, Saltiness: 100%, Sourness: 50.12%, Bitterness: 33.7%, Savoriness: 65%, Fattiness: 65.84%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 424.14kcal (21.21%), Fat: 16.02g (24.64%), Saturated Fat: 6.84g (42.78%), Carbohydrates: 46.77g (15.59%), Net Carbohydrates: 44.04g (16.01%), Sugar: 3.67g (4.08%), Cholesterol: 61.13mg (20.38%), Sodium: 539.96mg (23.48%), Protein: 22.06g (44.13%), Selenium: 52.1µg (74.43%), Manganese: 0.61mg (30.54%), Phosphorus: 284.93mg (28.49%), Zinc: 3.13mg (20.89%), Vitamin B3: 3.59mg (17.95%), Vitamin K: 18.74µg (17.85%), Vitamin B6: 0.33mg (16.28%), Vitamin B12: 0.97µg (16.13%), Calcium: 153.76mg (15.38%), Vitamin B1: 0.23mg (15.14%), Iron:

2.51mg (13.94%), Copper: 0.27mg (13.26%), Vitamin B2: 0.22mg (13.13%), Magnesium: 51.91mg (12.98%), Potassium: 430.46mg (12.3%), Fiber: 2.74g (10.94%), Vitamin A: 471.57IU (9.43%), Vitamin B5: 0.77mg (7.65%), Vitamin C: 5.12mg (6.21%), Folate: 24.39µg (6.1%), Vitamin E: 0.84mg (5.59%), Vitamin D: 0.15µg (1.03%)