



Italian Veggie Rolls

READY IN



105 min.

SERVINGS



6

CALORIES



544 kcal

Ingredients

- 1 cup broccoli chopped
- 1 cup carrots sliced
- 0.3 cup cooking wine dry red
- 1 eggs
- 1 clove garlic minced
- 1 cup peas green
- 16 ounce lasagna noodles
- 1 cup mushrooms chopped
- 2 tablespoons olive oil
- 1 onion chopped

- 0.3 cup parmesan cheese grated
- 2 cups mozzarella cheese shredded
- 26 ounce spaghetti sauce

Equipment

- bowl
- frying pan
- oven
- pot
- baking pan
- aluminum foil

Directions

- Cook noodles in a large pot of boiling water until al dente. Rinse, drain, set aside.
- Heat oil in a medium saute pan.
- Add mushrooms, onions, carrots, peas, and broccoli; saute over medium heat until tender.
- Add wine and garlic; cook five minutes, or until wine has just about evaporated.
- Remove from heat, and cool for ten minutes.
- In a medium bowl combine sauteed vegetable mixture, mozzarella cheese, 2 tablespoons Parmesan cheese, and egg.
- Mix well.
- Pour half of the sauce into the bottom of a 13x9x2inch baking pan.
- Spread 1/3 cup vegetable mixture over each lasagna noodle then carefully roll up the noodle.
- Place seam side down in dish. When finished placing all the noodles in the pan, pour remaining pasta sauce evenly over noodles. Cover with aluminum foil.
- Bake at 375 degrees F (190 degrees C) for 35 to 40 minutes. Uncover, and sprinkle remaining Parmesan cheese over noodles.
- Bake, uncovered, 5 more minutes.
- Garnish and serve immediately.

Nutrition Facts

PROTEIN 18.03% FAT 27.68% CARBS 54.29%

Properties

Glycemic Index:54.36, Glycemic Load:27.36, Inflammation Score:-10, Nutrition Score:28.645652024642%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 544.44kcal (27.22%), Fat: 16.66g (25.63%), Saturated Fat: 6.75g (42.16%), Carbohydrates: 73.52g (24.51%), Net Carbohydrates: 66.42g (24.15%), Sugar: 10.54g (11.71%), Cholesterol: 60.4mg (20.13%), Sodium: 926.73mg (40.29%), Alcohol: 1.05g (100%), Alcohol %: 0.37% (100%), Protein: 24.42g (48.85%), Vitamin A: 4700.55IU (94.01%), Selenium: 61.05µg (87.21%), Manganese: 1.04mg (52.07%), Vitamin C: 34.46mg (41.76%), Phosphorus: 412.24mg (41.22%), Vitamin K: 31.13µg (29.65%), Calcium: 288.17mg (28.82%), Fiber: 7.1g (28.4%), Copper: 0.49mg (24.48%), Vitamin B2: 0.41mg (24.12%), Potassium: 832.88mg (23.8%), Zinc: 3.23mg (21.55%), Magnesium: 85.31mg (21.33%), Vitamin B6: 0.4mg (19.91%), Vitamin E: 2.99mg (19.9%), Vitamin B3: 3.96mg (19.81%), Iron: 3.15mg (17.52%), Folate: 66.19µg (16.55%), Vitamin B12: 0.98µg (16.32%), Vitamin B1: 0.22mg (14.93%), Vitamin B5: 1.32mg (13.16%), Vitamin D: 0.35µg (2.33%)