



Lasagna Alfredo Roll Ups

READY IN



45 min.

SERVINGS



8

CALORIES



293 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 eggs
- ☐ 10 ounce pkt spinach frozen chopped
- ☐ 2 tablespoons green onion thinly sliced
- ☐ 8 lasagna noodles
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 pint part-skim ricotta cheese
- ☐ 21 ounces pasta sauce alfredo-style
- ☐ 0.5 teaspoon salt

☐ 1 cup mozzarella cheese shredded

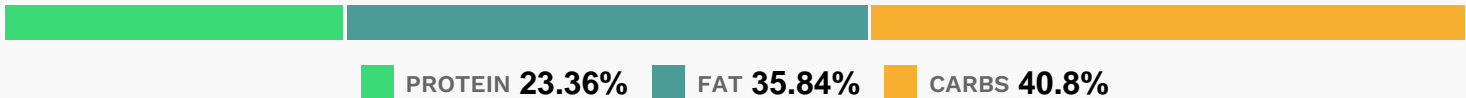
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add lasagna and cook for 8 to 10 minutes or until al dente. Rinse in cold water and drain well.
- ☐ Meanwhile, in a large sauce pan over medium heat add oil and cook broccoli or spinach and green onions until tender, stirring frequently.
- ☐ Remove pan from heat and stir in ricotta cheese, Parmesan cheese, salt and egg.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Place noodles in a single layer on a sheet of waxed paper. Evenly spread some of the cheese mixture on each noodle.
- ☐ Roll up each noodle from the short end, jelly-roll style.
- ☐ In a 8x12 inch baking dish, spoon about 3/4 of the Alfredo sauce on the bottom and spread evenly. Arrange the rolled noodles, seam side down, in the dish. Top with mozzarella cheese and remaining sauce. Cover loosely with foil and bake in preheated oven for 30 minutes or until hot and bubbly and the cheese is melted.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:9.79, Inflammation Score:-10, Nutrition Score:22.909565153329%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 292.61kcal (14.63%), Fat: 11.81g (18.16%), Saturated Fat: 5.78g (36.1%), Carbohydrates: 30.24g (10.08%), Net Carbohydrates: 27.16g (9.87%), Sugar: 4.01g (4.46%), Cholesterol: 52.57mg (17.52%), Sodium: 750.47mg (32.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.32g (34.63%), Vitamin K: 138.9µg (132.29%), Vitamin A: 4871.01IU (97.42%), Selenium: 35.32µg (50.45%), Calcium: 325.48mg (32.55%), Manganese: 0.6mg (30.15%), Phosphorus: 279.43mg (27.94%), Vitamin B2: 0.33mg (19.45%), Folate: 75.52µg (18.88%), Vitamin E: 2.53mg (16.88%), Magnesium: 66.31mg (16.58%), Potassium: 508.17mg (14.52%), Zinc: 2.17mg (14.47%), Fiber: 3.08g (12.32%), Iron: 2.21mg (12.3%), Copper: 0.25mg (12.29%), Vitamin B6: 0.2mg (10.17%), Vitamin B12: 0.58µg (9.7%), Vitamin C: 7.44mg (9.02%), Vitamin B3: 1.47mg (7.34%), Vitamin B1: 0.1mg (6.46%), Vitamin B5: 0.64mg (6.42%), Vitamin D: 0.24µg (1.61%)