



Lasagna Roll-Ups

READY IN



65 min.

SERVINGS



5

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 lasagna noodles cooked
- 1 eggs beaten
- 0.3 cup a.1. original sauce
- 1 lb ground beef lean
- 2 cups low-moisture part-skim mozzarella cheese shredded divided kraft
- 0.5 cup parmesan cheese divided grated kraft
- 1 cup polly-o natural part skim ricotta cheese
- 24 oz olivo by classico pasta sauce traditional

Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 350F.
- Brown meat in large skillet sprayed with cooking spray on medium heat; drain. Return meat to skillet.
- Combine pasta sauce and A.
- Add half the pasta sauce mixture to meat; stir. Reserve remaining pasta sauce mixture for later use.
- Spray 8-inch square baking dish with cooking spray.
- Mix egg, ricotta and 1/4 cup Parmesan until blended.
- Spread about 2 Tbsp. ricotta mixture onto each noodle; top with about 1/4 cup meat mixture and 2 heaping Tbsp. mozzarella.
- Roll up, starting at one short end of each noodle.
- Place, seam sides down, in prepared baking dish.
- Top with reserved pasta sauce mixture and remaining cheeses; cover.
- Bake 45 min. or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:18.7, Glycemic Load:17.55, Inflammation Score:-7, Nutrition Score:28.076956614204%

Nutrients (% of daily need)

Calories: 578.94kcal (28.95%), Fat: 20.65g (31.77%), Saturated Fat: 11.09g (69.3%), Carbohydrates: 49g (16.33%), Net Carbohydrates: 45.01g (16.37%), Sugar: 8.88g (9.87%), Cholesterol: 141.73mg (47.24%), Sodium: 1374.72mg

(59.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.01g (96.03%), Selenium: 66.05µg (94.36%), Phosphorus: 658.02mg (65.8%), Calcium: 613.35mg (61.34%), Zinc: 7.92mg (52.77%), Vitamin B12: 2.76µg (45.94%), Vitamin B3: 6.86mg (34.32%), Vitamin B2: 0.56mg (32.84%), Vitamin B6: 0.61mg (30.31%), Iron: 5.36mg (29.8%), Manganese: 0.52mg (26.14%), Potassium: 895.73mg (25.59%), Vitamin A: 1129.19IU (22.58%), Magnesium: 82.11mg (20.53%), Copper: 0.37mg (18.64%), Vitamin E: 2.52mg (16.79%), Fiber: 3.99g (15.94%), Vitamin B5: 1.45mg (14.47%), Vitamin C: 9.53mg (11.55%), Folate: 39.56µg (9.89%), Vitamin B1: 0.12mg (7.74%), Vitamin K: 5.34µg (5.09%), Vitamin D: 0.5µg (3.34%)