

Lasagna Roll Ups

♥ Popular

READY IN



60 min.

SERVINGS



12

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce lasagna noodles uncooked
- ☐ 2 cups parmesan cheese grated
- ☐ 28 ounce pasta sauce
- ☐ 15 ounce ricotta cheese
- ☐ 1 pound mozzarella cheese shredded
- ☐ 10 ounce spinach – frozen dry thawed drained chopped
- ☐ 1 pound spicy tofu firm

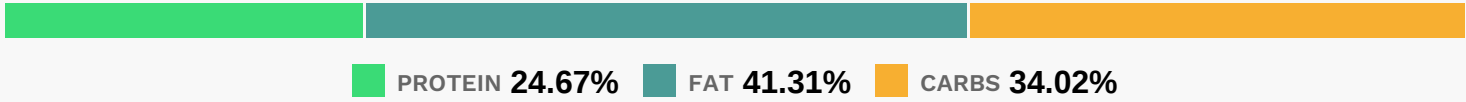
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook lasagna noodles for 5 to 8 minutes, or until just slightly underdone; drain and rinse.
- ☐ In a large mixing bowl, mix together grated cheese, ricotta cheese, tofu, frozen spinach, and 1 cup Parmesan cheese.
- ☐ Lay out a noodle.
- ☐ Spread a layer of the cheese mixture on the noodle, then add a thin layer of sauce.
- ☐ Roll the noodle up, and place seam side down in a 13x9 pan. Repeat for other noodles. Top with remaining sauce and Parmesan cheese.
- ☐ Bake in a preheated 350 degree F (175 degree C) oven for 30 min, or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:13.08, Inflammation Score:-10, Nutrition Score:23.26782616325%

Nutrients (% of daily need)

Calories: 439.94kcal (22%), Fat: 20.28g (31.2%), Saturated Fat: 10.82g (67.65%), Carbohydrates: 37.57g (12.52%), Net Carbohydrates: 34.38g (12.5%), Sugar: 4.13g (4.59%), Cholesterol: 62.43mg (20.81%), Sodium: 893.24mg (38.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.25g (54.5%), Vitamin K: 91.32µg (86.97%), Vitamin A: 3614.03IU (72.28%), Selenium: 43.1µg (61.57%), Calcium: 506.5mg (50.65%), Phosphorus: 396.34mg (39.63%), Manganese: 0.61mg (30.57%), Vitamin B2: 0.35mg (20.72%), Zinc: 3.05mg (20.32%), Vitamin B12: 1.21µg (20.12%), Magnesium: 64.97mg (16.24%), Folate: 54.91µg (13.73%), Iron: 2.4mg (13.35%), Potassium: 459.1mg (13.12%), Fiber: 3.19g (12.76%), Vitamin E: 1.88mg (12.5%), Copper: 0.24mg (11.88%), Vitamin B6: 0.2mg (10.09%), Vitamin B3: 1.51mg (7.54%), Vitamin C: 5.93mg (7.19%), Vitamin B1: 0.09mg (6.17%), Vitamin B5: 0.57mg (5.72%), Vitamin D: 0.31µg (2.04%)