



Lasagna Roll-Ups

READY IN



60 min.

SERVINGS



8

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounces spinach frozen thawed chopped
- 2 garlic clove finely chopped
- 6 ounces lasagne pasta sheets plain uncooked
- 1 pound ground beef lean
- 8 ounces mushrooms undrained canned
- 1 cup onion chopped
- 0.3 cup parmesan cheese grated
- 14 ounces pasta sauce (any variety)
- 0.3 teaspoon pepper

- 15 ounces ricotta cheese
- 1 teaspoon salt
- 4 ounces mozzarella cheese shredded
- 6 ounces lasagna noodles whole wheat uncooked

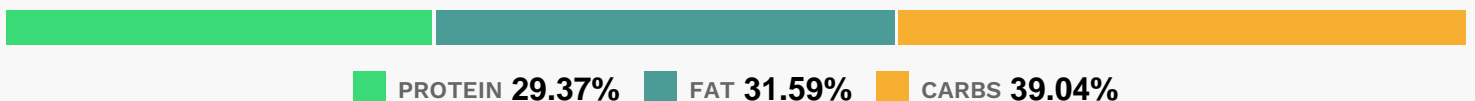
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 350°F. Cook and drain noodles as directed on package.
- Cook beef and onion in 10-inch skillet over medium-high heat about 6 minutes, stirring occasionally, until beef is brown; drain. Stir in pasta sauce and mushrooms.
- Heat to boiling, stirring constantly.
- Pour into ungreased rectangular baking dish, 11x7x1 1/2 inches.
- Mix ricotta cheese, spinach, mozzarella cheese, 1/4 cup Parmesan cheese, the salt, pepper and garlic.
- Spread 3 tablespoons of the cheese mixture over each noodle.
- Roll up each noodle; cut roll crosswise in half.
- Place cut sides down in beef mixture.
- Cover and bake about 30 minutes or until hot.
- Serve with additional Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:8.45, Inflammation Score:-10, Nutrition Score:32.210000007049%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 416.42kcal (20.82%), Fat: 14.87g (22.88%), Saturated Fat: 8.21g (51.29%), Carbohydrates: 41.35g (13.78%), Net Carbohydrates: 38.24g (13.91%), Sugar: 4.27g (4.75%), Cholesterol: 76.18mg (25.39%), Sodium: 783.04mg (34.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.1g (62.21%), Vitamin K: 134.56µg (128.16%), Vitamin A: 4730.35IU (94.61%), Selenium: 55.31µg (79.01%), Manganese: 1.22mg (61.16%), Phosphorus: 423.47mg (42.35%), Zinc: 5.35mg (35.7%), Vitamin B3: 6.36mg (31.82%), Vitamin B2: 0.52mg (30.64%), Vitamin B12: 1.83µg (30.46%), Calcium: 287.24mg (28.72%), Magnesium: 102.8mg (25.7%), Vitamin B6: 0.5mg (25.15%), Folate: 90.84µg (22.71%), Iron: 4.03mg (22.37%), Potassium: 754.85mg (21.57%), Copper: 0.42mg (21.25%), Vitamin B1: 0.24mg (15.81%), Vitamin B5: 1.45mg (14.49%), Vitamin E: 2.03mg (13.56%), Fiber: 3.1g (12.43%), Vitamin C: 7.73mg (9.37%), Vitamin D: 0.29µg (1.95%)