



Lasagna Roll-Ups

READY IN



60 min.

SERVINGS



8

CALORIES



543 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
- ☐ 8 servings 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

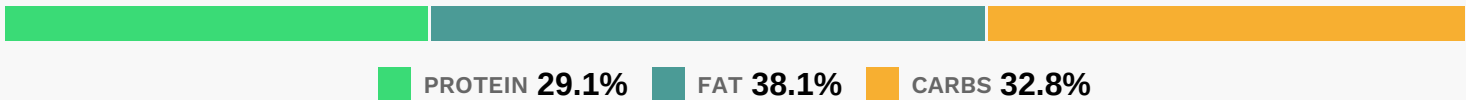
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 350F. 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:36.530869826027%

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: 542.72kcal (27.14%), Fat: 23.27g (35.8%), Saturated Fat: 12.86g (80.35%), Carbohydrates: 45.07g (15.02%), Net Carbohydrates: 41.96g (15.26%), Sugar: 4.29g (4.77%), Cholesterol: 102.28mg (34.09%), Sodium: 1308.04mg (56.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.99g (79.97%), Vitamin K: 135.07µg (128.64%), Vitamin A: 4989.85IU (99.8%), Selenium: 65.81µg (94.01%), Manganese: 1.25mg (62.44%), Phosphorus: 613.67mg (61.37%), Calcium: 552.44mg (55.24%), Zinc: 6.65mg (44.36%), Vitamin B12: 2.23µg (37.21%), Vitamin B2: 0.62mg (36.73%), Vitamin B3: 6.39mg (31.94%), Magnesium: 113.3mg (28.32%), Vitamin B6: 0.53mg (26.37%), Folate: 92.64µg (23.16%), Potassium: 810.05mg (23.14%), Iron: 4.16mg (23.12%), Copper: 0.44mg (21.85%), Vitamin B1: 0.25mg (16.35%), Vitamin B5: 1.55mg (15.47%), Vitamin E: 2.19mg (14.58%), Fiber: 3.11g (12.43%), Vitamin C: 7.73mg (9.37%), Vitamin D: 0.44µg (2.95%)