



## Lasagna Roll Ups II

READY IN



80 min.

SERVINGS



9

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 eggs beaten
- 2 tablespoons parsley fresh chopped
- 0.5 teaspoon garlic powder
- 1 pound ground beef
- 18 lasagna noodles
- 0.5 teaspoon oregano dried
- 0.3 cup parmesan cheese grated
- 15 ounce ricotta cheese
- 26 ounce chunky tomato sauce ragu® (such as )

- 0.3 onion white chopped
- 3 tablespoons sugar white

## Equipment

- bowl
- frying pan
- oven
- pot
- casserole dish

## Directions

- Cook and stir ground beef, onion, garlic powder, and oregano in a large skillet over medium heat until onion is tender and beef is browned, about 10 minutes.
- Add tomato sauce and sugar; simmer until sauce is heated through, about 10 minutes.
- Bring a large pot of lightly salted water to a boil. Cook lasagna in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 to 10 minutes.
- Drain.
- Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13-inch casserole dish.
- Mix ricotta cheese, egg, parsley, and 3/4 cup Parmesan cheese together in a bowl.
- Place a lasagna noodle on a work surface. Spoon one layer of ricotta cheese mixture, one layer meat sauce, and one layer mozzarella cheese atop the lasagna noodle; top with another lasagna noodle.
- Roll up the stuffed lasagna noodles in the jelly-roll style; place in the prepared casserole dish. Repeat with remaining lasagna noodles, ricotta cheese mixture, meat sauce, and mozzarella cheese.
- Spread a spoonful of meat sauce atop each lasagna roll; top with remaining mozzarella cheese and 1/4 cup Parmesan cheese.
- Bake in the preheated oven until cheese is melted and bubbling, 30 to 35 minutes.

## Nutrition Facts



■ PROTEIN 20.15% ■ FAT 35.39% ■ CARBS 44.46%

## Properties

Glycemic Index:28.12, Glycemic Load:21.47, Inflammation Score:-7, Nutrition Score:17.777826122616%

## Flavonoids

Apigenin: 1.92mg, Apigenin: 1.92mg, Apigenin: 1.92mg, Apigenin: 1.92mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Nutrients (% of daily need)

Calories: 474.12kcal (23.71%), Fat: 18.58g (28.58%), Saturated Fat: 8.56g (53.52%), Carbohydrates: 52.5g (17.5%), Net Carbohydrates: 49.34g (17.94%), Sugar: 8.7g (9.66%), Cholesterol: 80.48mg (26.83%), Sodium: 521.36mg (22.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.79g (47.59%), Selenium: 52.85µg (75.5%), Manganese: 0.63mg (31.27%), Phosphorus: 311.78mg (31.18%), Zinc: 3.83mg (25.54%), Vitamin B12: 1.32µg (22%), Vitamin B3: 3.97mg (19.85%), Vitamin K: 19.12µg (18.21%), Vitamin B6: 0.36mg (18.09%), Vitamin B2: 0.29mg (16.99%), Potassium: 578.52mg (16.53%), Calcium: 161.27mg (16.13%), Iron: 2.88mg (16.02%), Copper: 0.31mg (15.29%), Magnesium: 58.47mg (14.62%), Vitamin A: 692.14IU (13.84%), Fiber: 3.16g (12.66%), Vitamin E: 1.59mg (10.62%), Vitamin B5: 0.94mg (9.42%), Vitamin C: 7.15mg (8.66%), Folate: 31.39µg (7.85%), Vitamin B1: 0.1mg (6.91%), Vitamin D: 0.26µg (1.71%)