



Lasagna Rolls

READY IN



85 min.

SERVINGS



6

CALORIES



648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 large eggs beaten to blend
- ☐ 4 teaspoons flour all-purpose
- ☐ 1 pinch ground nutmeg
- ☐ 0.1 teaspoon ground pepper black
- ☐ 12 lasagna noodles uncooked
- ☐ 2 cups tomatoes
- ☐ 1 tablespoons olive oil
- ☐ 1 cup parmesan grated

- ☐ 3 ounces pancetta thinly sliced chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon salt plus more for salting water
- ☐ 4 ounces mozzarella cheese shredded
- ☐ 15 ounce milk ricotta cheese whole
- ☐ 10 ounce pkt spinach frozen dry thawed chopped
- ☐ 2 tablespoons butter unsalted
- ☐ 1.3 cups milk whole

Equipment

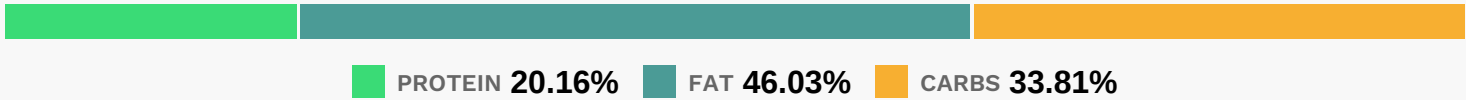
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ To make the sauce: Melt the butter in a heavy medium saucepan over medium-low heat.
- ☐ Add the flour and whisk for 3 minutes.
- ☐ Whisk in the milk. Increase the heat to medium-high.
- ☐ Whisk the sauce until it comes to a simmer and is thick and smooth, about 3 minutes.
- ☐ Whisk the salt, pepper, and nutmeg into the bechamel sauce.
- ☐ Preheat the oven to 450 degrees F.
- ☐ Whisk the ricotta, spinach, 1 cup Parmesan, prosciutto, egg, salt, and pepper in a medium bowl to blend.

- ☐ Add a tablespoon or 2 of oil to a large pot of boiling salted water. Boil the noodles until just tender but still firm to bite.
- ☐ Drain. Arrange the noodles in a single layer on a baking sheet to prevent them from sticking.
- ☐ Butter a 13-by-9-by-2-inch glass baking dish.
- ☐ Pour the bechamel sauce over the bottom of the prepared dish.
- ☐ Lay out 4 lasagna noodles on a work surface, then spread a large spoonful (about 3 tablespoons worth) of ricotta mixture evenly over each noodle. Starting at 1 end, roll each noodle like a jelly roll.
- ☐ Lay the lasagna rolls seam side down, without touching, atop the bechamel sauce in the dish. Repeat with the remaining noodles and ricotta mixture. Spoon 1 cup of marinara sauce over the lasagna rolls.
- ☐ Sprinkle the mozzarella and remaining 2 tablespoons of Parmesan over the lasagna rolls. Cover tightly with foil.
- ☐ Bake until heated through and the sauce bubbles, about 20 minutes. Uncover and bake until the cheese on top becomes golden, about 15 minutes longer.
- ☐ Let stand for 10 minutes. Meanwhile, heat the remaining marinara sauce in a heavy small saucepan over medium heat until hot, and serve alongside.

Nutrition Facts



Properties

Glycemic Index:69.17, Glycemic Load:20.75, Inflammation Score:-10, Nutrition Score:33.028260790783%

Nutrients (% of daily need)

Calories: 648.28kcal (32.41%), Fat: 33.33g (51.28%), Saturated Fat: 17.17g (107.29%), Carbohydrates: 55.1g (18.37%), Net Carbohydrates: 50.59g (18.4%), Sugar: 7.76g (8.62%), Cholesterol: 118.9mg (39.63%), Sodium: 1093.03mg (47.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.84g (65.68%), Vitamin K: 181.86µg (173.2%), Vitamin A: 6717.9IU (134.36%), Selenium: 62.84µg (89.77%), Calcium: 594.18mg (59.42%), Phosphorus: 537.09mg (53.71%), Manganese: 0.99mg (49.68%), Vitamin B2: 0.57mg (33.41%), Magnesium: 106.13mg (26.53%), Folate: 103.59µg (25.9%), Zinc: 3.57mg (23.8%), Vitamin E: 3.38mg (22.53%), Vitamin B12: 1.3µg (21.66%), Potassium: 756.78mg (21.62%), Vitamin B6: 0.38mg (18.9%), Copper: 0.37mg (18.29%), Fiber: 4.51g (18.04%), Iron: 3.2mg (17.78%), Vitamin B1: 0.22mg (14.55%), Vitamin B3: 2.85mg (14.27%), Vitamin B5: 1.2mg (12.01%), Vitamin C: 8.32mg (10.09%), Vitamin D: 1.15µg (7.69%)