



Lasagna Rolls

READY IN



60 min.

SERVINGS



8

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounces lasagne pasta sheets plain uncooked
- 6 ounces lasagna noodles whole wheat uncooked
- 1 pound ground beef lean
- 1 cup onion chopped
- 14 ounces pasta sauce (any variety)
- 8 ounces mushroom stems and pieces undrained canned
- 15 ounces ricotta cheese
- 10 ounces spinach frozen thawed chopped
- 4 ounces mozzarella cheese shredded

- 0.3 cup parmesan cheese grated
- 1 teaspoon salt
- 0.3 teaspoon pepper
- 2 garlic clove finely chopped
- 1 serving parmesan cheese grated

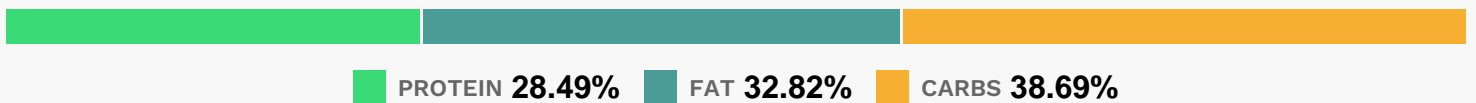
Equipment

- frying pan
- oven
- glass 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 13x9-inch (3-quart) glass baking dish.
- 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:28.75, Glycemic Load:8.24, Inflammation Score:-10, Nutrition Score:31.407826278521%

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: 441.84kcal (22.09%), Fat: 16.28g (25.05%), Saturated Fat: 8.89g (55.55%), Carbohydrates: 43.18g (14.39%), Net Carbohydrates: 40.13g (14.59%), Sugar: 4.17g (4.63%), Cholesterol: 80.58mg (26.86%), Sodium: 941.08mg (40.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.8g (63.6%), Vitamin K: 134.63µg (128.22%), Vitamin A: 4762.79IU (95.26%), Selenium: 53.98µg (77.12%), Manganese: 1.21mg (60.66%), Phosphorus: 422.86mg (42.29%), Zinc: 5.37mg (35.8%), Calcium: 342.5mg (34.25%), Vitamin B12: 1.87µg (31.11%), Vitamin B3: 5.34mg (26.72%), Magnesium: 101.56mg (25.39%), Vitamin B2: 0.42mg (24.7%), Potassium: 849.92mg (24.28%), Vitamin B6: 0.48mg (23.83%), Iron: 3.9mg (21.68%), Folate: 86.25µg (21.56%), Copper: 0.34mg (16.81%), Vitamin B1: 0.22mg (14.34%), Vitamin E: 2.05mg (13.67%), Fiber: 3.05g (12.2%), Vitamin B5: 1.04mg (10.37%), Vitamin C: 7.14mg (8.65%), Vitamin D: 0.25µg (1.69%)