



Lasagna Rolls

READY IN



45 min.

SERVINGS



8

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 0.3 cup wine dry white
- ☐ 2 eggs lightly beaten
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 1 pound ground beef
- ☐ 1 teaspoon seasoning dried italian
- ☐ 11 lasagne pasta sheets uncooked
- ☐ 1 cup onion chopped

- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 3 cups ricotta cheese
- ☐ 0.5 teaspoon salt
- ☐ 4 oz mozzarella cheese shredded
- ☐ 26 oz pasta sauce with mushrooms and ripe olives

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook lasagna noodles according to package directions; drain.
- ☐ Cut in half crosswise and set aside.
- ☐ Cook beef, onion and garlic in a large skillet until beef is crumbled and no longer pink; drain.
- ☐ Add spaghetti sauce, wine, parsley and salt, stirring well. Cover and simmer 10 minutes, stirring occasionally.
- ☐ Remove from heat and set aside.
- ☐ Combine ricotta cheese and next 5 ingredients, stirring well.
- ☐ Spread ricotta mixture evenly over lasagna noodles.
- ☐ Roll up jelly roll fashion, starting at narrow end.
- ☐ Place lasagna rolls, seam side down, in a lightly greased 13x9 baking dish.
- ☐ Pour meat sauce over rolls and sprinkle with 1/2 cup Parmesan cheese.
- ☐ Freeze tightly covered casserole up to one month. To serve, thaw in refrigerator.
- ☐ Bake, covered, at 375 degrees for 30 minutes. Uncover and bake 15 more minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:14.48, Inflammation Score:-8, Nutrition Score:23.508260892785%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 594.3kcal (29.71%), Fat: 30.87g (47.49%), Saturated Fat: 15.65g (97.81%), Carbohydrates: 43.48g (14.49%), Net Carbohydrates: 40.16g (14.6%), Sugar: 5.98g (6.64%), Cholesterol: 146.33mg (48.78%), Sodium: 971.31mg (42.23%), Alcohol: 0.77g (100%), Alcohol %: 0.28% (100%), Protein: 34g (68%), Selenium: 56.59µg (80.85%), Phosphorus: 470.06mg (47.01%), Calcium: 388.08mg (38.81%), Zinc: 5.21mg (34.74%), Vitamin B12: 2.07µg (34.46%), Vitamin K: 31.72µg (30.21%), Vitamin B2: 0.49mg (28.96%), Manganese: 0.57mg (28.7%), Vitamin A: 1163.94IU (23.28%), Vitamin B3: 4.45mg (22.27%), Vitamin B6: 0.44mg (22%), Potassium: 706.33mg (20.18%), Iron: 3.6mg (20%), Magnesium: 67.08mg (16.77%), Copper: 0.31mg (15.42%), Fiber: 3.32g (13.28%), Vitamin E: 1.95mg (13%), Vitamin C: 10.05mg (12.18%), Folate: 48.54µg (12.13%), Vitamin B5: 1.21mg (12.1%), Vitamin B1: 0.16mg (10.63%), Vitamin D: 0.56µg (3.71%)