



Lasagna Rolls

READY IN



45 min.

SERVINGS



8

CALORIES



641 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 3 cups ricotta cheese
- ☐ 0.5 teaspoon salt
- ☐ 1 cup mozzarella cheese shredded
- ☐ 26 oz pasta sauce

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook lasagna noodles according to package directions; drain.
- ☐ Cut in half crosswise and set aside.
- ☐ Cook sausage, onion and garlic in a large skillet, stirring until sausage crumbles and is no longer pink; drain.
- ☐ Add spaghetti sauce, wine or broth, 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 13"x9" baking dish.
- ☐ Pour meat sauce over rolls and sprinkle with 1/2 cup Parmesan cheese.
- ☐ Bake, covered, at 375 for 30 minutes. Uncover and bake 15 more minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:14.35, Inflammation Score:-7, Nutrition Score:23.253043589385%

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: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 641.44kcal (32.07%), Fat: 37.24g (57.29%), Saturated Fat: 17.66g (110.38%), Carbohydrates: 42.79g (14.26%), Net Carbohydrates: 39.67g (14.42%), Sugar: 5.5g (6.11%), Cholesterol: 149.03mg (49.68%), Sodium: 1346.25mg (58.53%), Alcohol: 0.77g (100%), Alcohol %: 0.29% (100%), Protein: 32.18g (64.36%), Selenium: 62.06µg (88.66%), Phosphorus: 457.11mg (45.71%), Calcium: 384.61mg (38.46%), Vitamin B1: 0.45mg (30.13%), Vitamin B2: 0.5mg (29.42%), Manganese: 0.59mg (29.33%), Vitamin K: 30.65µg (29.19%), Zinc: 3.83mg (25.54%), Vitamin A: 1162.53IU (23.25%), Vitamin B12: 1.37µg (22.77%), Vitamin B6: 0.41mg (20.67%), Potassium: 680.13mg (19.43%), Vitamin B3: 3.89mg (19.43%), Iron: 3.14mg (17.47%), Magnesium: 64.22mg (16.06%), Copper: 0.31mg (15.74%), Vitamin C: 10.35mg (12.54%), Fiber: 3.13g (12.52%), Vitamin B5: 1.2mg (12%), Folate: 46.95µg (11.74%), Vitamin E: 1.71mg (11.43%), Vitamin D: 0.5µg (3.33%)