



Lasagna Rolls with Roasted Red Pepper Sauce

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup basil fresh divided minced
- ☐ 2 garlic cloves minced
- ☐ 3 garlic cloves minced

- ☐ 8 lasagna noodles uncooked
- ☐ 8 ounce pre mushrooms
- ☐ 4 teaspoons olive oil
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 cup part-skim ricotta cheese
- ☐ 1 tablespoon red wine vinegar
- ☐ 7 ounce roasted bell peppers red undrained
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 2 ounces mozzarella cheese shredded

Equipment

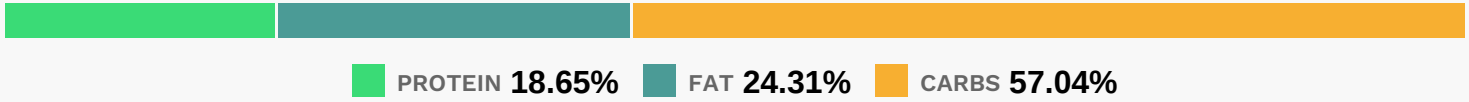
- ☐ frying pan
- ☐ blender
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ To prepare lasagna, cook noodles according to package directions, omitting salt and fat.
- ☐ Drain and rinse under cold water.
- ☐ Drain.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, mushrooms, spinach, and 3 garlic cloves; saut 5 minutes or until onion and mushrooms are tender.
- ☐ Remove from heat, and stir in cheeses, 2 tablespoons basil, 1/2 teaspoon salt, and 1/4 teaspoon crushed red pepper.
- ☐ To prepare sauce, place vinegar and remaining ingredients in a blender; process until smooth.
- ☐ Place cooked noodles on flat surface; spread 1/4 cup cheese mixture over each noodle.
- ☐ Roll up noodles, jelly-roll fashion, starting with short side.

- ☐
- Place the rolls, seam sides down, in a shallow 2-quart microwave-safe dish.
- ☐
- Pour 1/4 cup sauce over each roll, and cover with heavy-duty plastic wrap. Microwave at high 5 minutes or until thoroughly heated.
- ☐
- Sprinkle with 2 tablespoons basil.

Nutrition Facts



Properties

Glycemic Index:90, Glycemic Load:20.39, Inflammation Score:-10, Nutrition Score:34.317391390386%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 407.98kcal (20.4%), Fat: 11.34g (17.45%), Saturated Fat: 4.24g (26.48%), Carbohydrates: 59.87g (19.96%), Net Carbohydrates: 53.49g (19.45%), Sugar: 8.46g (9.41%), Cholesterol: 20.81mg (6.94%), Sodium: 1423.26mg (61.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.57g (39.14%), Vitamin K: 220.62µg (210.11%), Vitamin A: 4817.43IU (96.35%), Selenium: 50.12µg (71.61%), Manganese: 1.32mg (66.21%), Vitamin C: 48.6mg (58.91%), Copper: 0.69mg (34.56%), Phosphorus: 338.59mg (33.86%), Folate: 133.54µg (33.39%), Vitamin B2: 0.52mg (30.61%), Potassium: 1021.1mg (29.17%), Calcium: 282.49mg (28.25%), Vitamin B6: 0.55mg (27.62%), Magnesium: 106.42mg (26.61%), Fiber: 6.38g (25.53%), Vitamin B3: 4.96mg (24.8%), Iron: 4.34mg (24.09%), Vitamin E: 2.93mg (19.54%), Zinc: 2.61mg (17.38%), Vitamin B1: 0.25mg (16.5%), Vitamin B5: 1.57mg (15.71%), Vitamin B12: 0.44µg (7.26%), Vitamin D: 0.2µg (1.34%)