



Lasagna Spinach Roll-Ups

READY IN



65 min.

SERVINGS



8

CALORIES



409 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 30 ounce tomato sauce canned
- ☐ 2 cups curd cottage cheese
- ☐ 2 teaspoons marjoram dried
- ☐ 2 eggs lightly beaten
- ☐ 0.7 cup mushrooms fresh chopped
- ☐ 20 ounce pkt spinach frozen chopped
- ☐ 0.5 teaspoon garlic powder

- ☐ 16 ounce lasagna noodles
- ☐ 0.5 cup onion chopped
- ☐ 6 tablespoons parmesan cheese divided grated
- ☐ 0.7 cup bell pepper red chopped
- ☐ 0.7 cup mozzarella cheese shredded
- ☐ 1 teaspoon sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bring a large pot of water to a boil.
- ☐ Add lasagna pasta and cook for 8 to 10 minutes or until al dente; drain and pat dry.
- ☐ In a large skillet saute in butter the red bell pepper, mushrooms and onion until tender. In a bowl combine the sauteed vegetable mixture, cottage cheese, spinach, eggs, 4 tablespoons of the Parmesan cheese and pepper; mix well.
- ☐ In a large skillet, heat tomato sauce, marjoram, sugar and garlic powder for 5 minutes.
- ☐ Spread 1/3 cup filling on each noodle.
- ☐ Roll up and place in greased 9x13 baking dish.
- ☐ Pour tomato sauce mixture over lasagna rolls.
- ☐ Sprinkle with mozzarella cheese and remaining Parmesan cheese. Cover and bake in a preheated oven for 40 minutes.

Nutrition Facts



 PROTEIN **21.77%**  FAT **24.04%**  CARBS **54.19%**

Properties

Glycemic Index:48.64, Glycemic Load:20.22, Inflammation Score:-10, Nutrition Score:31.849130516467%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 408.63kcal (20.43%), Fat: 11.12g (17.1%), Saturated Fat: 5.17g (32.33%), Carbohydrates: 56.38g (18.79%), Net Carbohydrates: 50.31g (18.3%), Sugar: 9.02g (10.02%), Cholesterol: 68.69mg (22.9%), Sodium: 901.49mg (39.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.65g (45.3%), Vitamin K: 268.45µg (255.67%), Vitamin A: 9484.83IU (189.7%), Selenium: 53.38µg (76.26%), Manganese: 1.21mg (60.42%), Folate: 144.64µg (36.16%), Phosphorus: 354.12mg (35.41%), Vitamin C: 28.16mg (34.13%), Vitamin B2: 0.49mg (28.89%), Magnesium: 112.11mg (28.03%), Vitamin E: 4.13mg (27.54%), Calcium: 257.56mg (25.76%), Fiber: 6.07g (24.26%), Potassium: 848.37mg (24.24%), Copper: 0.45mg (22.56%), Vitamin B6: 0.42mg (20.92%), Iron: 3.56mg (19.77%), Zinc: 2.34mg (15.57%), Vitamin B3: 2.88mg (14.41%), Vitamin B5: 1.33mg (13.28%), Vitamin B1: 0.19mg (12.38%), Vitamin B12: 0.61µg (10.22%), Vitamin D: 0.35µg (2.32%)