



 **27%**  
HEALTH SCORE

## Lasagne Roll Ups

READY IN



45 min.

SERVINGS



6

CALORIES



571 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup basil fresh
- 0.3 cup basil fresh
- 4 cups bell pepper red
- 6 servings pepper black freshly-ground to taste
- 1.5 cups chicken broth
- 1 teaspoon thyme dried crumbled
- 4 large garlic clove minced
- 6 servings juice of lemon fresh to taste
- 6 servings nutmeg freshly-grated

- 1 teaspoon olive oil
- 2 cups onion
- 0.5 cup parmesan
- 12 lasagne pasta sheets dry (7" by)
- 1 pepper dried red hot
- 1.5 cups ricotta cheese
- 0.5 teaspoon salt
- 2 cups mozzarella cheese shredded
- 2 ounces pkt spinach frozen thawed drained chopped (10 ea)
- 2 tablespoons butter unsalted

## Equipment

- bowl
- frying pan
- oven
- blender
- baking pan
- aluminum foil

## Directions

- In a skillet cook the garlic, onion, red pepper flakes, thyme, and salt and pepper to taste in the oil over moderately-low heat, stirring, until the onion is softened. Reserve 3 tablespoons of the onion mixture in a bowl. To the onions in the skillet, add the bell peppers and the broth, and simmer the mixture, covered, for 10 minutes, or until the peppers are very soft. In a blender puree the mixture until it is smooth, return it to the skillet, and swirl in the butter. Stir in the basil, lemon juice, and Cook the lasagne noodles according to package directions, rinse with cold water and drain.Preheat the oven to 375 degrees. In a bowl with the reserved cooked onions, combine 1/4 cup Parmesan cheese, Mozzarella, ricotta, freshly grated nutmeg to taste, spinach and salt and pepper.
- Mix well.Spoon 1 cup of sauce into an ungreased 9- by 9- by 2-inch baking pan.

Spread 3 tablespoons of filling on each noodle, roll up as for a jelly roll, and place seam-side down in the pan. Repeat until all the noodle are used. Top with remaining sauce, cover with foil and bake for 25 minutes. Uncover, sprinkle with remaining Parmesan cheese and bake uncovered, until golden, about 5 more minutes. This recipe yields 6 servings.

## Nutrition Facts

**PROTEIN 19.56%** **FAT 39.29%** **CARBS 41.15%**

### Properties

Glycemic Index:81, Glycemic Load:20.62, Inflammation Score:-10, Nutrition Score:31.978695652174%

### Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.52mg, Quercetin: 11.52mg, Quercetin: 11.52mg, Quercetin: 11.52mg

### Taste

Sweetness: 53.4%, Saltiness: 82.76%, Sourness: 100%, Bitterness: 64.02%, Savoriness: 48.79%, Fattiness: 83.34%, Spiciness: 100%

### Nutrients (% of daily need)

Calories: 570.52kcal (28.53%), Fat: 25.16g (38.7%), Saturated Fat: 14.69g (91.83%), Carbohydrates: 59.28g (19.76%), Net Carbohydrates: 53.66g (19.51%), Sugar: 9.82g (10.91%), Cholesterol: 77.99mg (26%), Sodium: 850.15mg (36.96%), Protein: 28.18g (56.37%), Vitamin C: 140.68mg (170.52%), Vitamin A: 4828.9IU (96.58%), Selenium: 53.7µg (76.71%), Vitamin K: 64.56µg (61.49%), Manganese: 0.97mg (48.25%), Calcium: 474.86mg (47.49%), Phosphorus: 453.37mg (45.34%), Vitamin B6: 0.54mg (26.94%), Vitamin B2: 0.45mg (26.4%), Folate: 101.43µg (25.36%), Fiber: 5.62g (22.48%), Zinc: 3.37mg (22.43%), Magnesium: 79.94mg (19.99%), Vitamin B12: 1.18µg (19.69%), Potassium: 617.33mg (17.64%), Vitamin E: 2.28mg (15.19%), Copper: 0.28mg (14.04%), Iron: 2.43mg (13.49%), Vitamin B1: 0.19mg (12.48%), Vitamin B3: 2.39mg (11.97%), Vitamin B5: 0.9mg (8.98%), Vitamin D: 0.39µg (2.57%)