



Make-Ahead Lasagna Rolls

READY IN



40 min.

SERVINGS



8

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 lasagne pasta sheets uncooked
- ☐ 12 oz cottage cheese low-fat
- ☐ 1 cup mozzarella cheese shredded
- ☐ 1 eggs slightly beaten
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 teaspoon basil dried
- ☐ 14 oz pasta sauce (2 cups)
- ☐ 1 serving parsley chopped

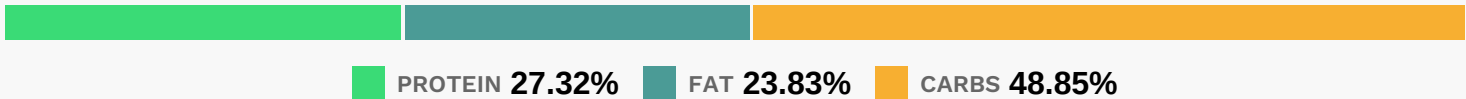
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Cook lasagna noodles to desired doneness as directed on package.
- ☐ Drain. Meanwhile, in medium bowl, combine all remaining ingredients except pasta sauce; mix well.
- ☐ Spread each cooked lasagna noodle with a generous 1/4 cup cheese mixture to within 1 inch of one short end; roll up firmly toward unfilled end. Wrap in plastic wrap. Repeat with remaining noodles and cheese mixture. Refrigerate or freeze lasagna rolls.
- ☐ To cook one serving, unwrap lasagna roll and place seam side down in microwave-safe bowl; cover with microwave-safe waxed paper. If refrigerated, microwave on HIGH for 1 to 2 minutes or until cheese begins to melt at ends of roll. Spoon 1/4 cup pasta sauce over roll; cover. Microwave on HIGH for 20 to 30 seconds or until thoroughly heated. (If frozen, microwave on LOW for 1 to 2 minutes or until thawed before heating as directed above.) Top with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:9.36, Inflammation Score:-5, Nutrition Score:10.984347778818%

Flavonoids

Apigenin: 5.12mg, Apigenin: 5.12mg, Apigenin: 5.12mg, Apigenin: 5.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 210.43kcal (10.52%), Fat: 5.55g (8.54%), Saturated Fat: 2.87g (17.97%), Carbohydrates: 25.61g (8.54%), Net Carbohydrates: 23.87g (8.68%), Sugar: 3.86g (4.29%), Cholesterol: 35.94mg (11.98%), Sodium: 561.14mg (24.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.32g (28.64%), Vitamin K: 41.87µg (39.88%), Selenium: 26.99µg (38.55%), Phosphorus: 205.11mg (20.51%), Manganese: 0.33mg (16.47%), Calcium: 144.85mg (14.48%), Vitamin A: 584.16IU (11.68%), Vitamin B2: 0.2mg (11.64%), Vitamin B12: 0.68µg (11.3%), Zinc: 1.31mg (8.74%), Potassium: 285.14mg (8.15%), Copper: 0.16mg (8.07%), Vitamin C: 6.63mg (8.04%), Magnesium: 30.59mg (7.65%), Iron: 1.28mg (7.08%), Fiber: 1.74g (6.97%), Vitamin B6: 0.14mg (6.87%), Vitamin E: 0.87mg (5.83%), Folate: 22.16µg (5.54%), Vitamin B3: 1.08mg (5.39%), Vitamin B5: 0.49mg (4.9%), Vitamin B1: 0.06mg (3.69%), Vitamin D: 0.18µg (1.21%)