



Make-Ahead Meat-Lovers' Lasagna Rolls

READY IN



80 min.

SERVINGS



16

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 lasagne pasta sheets uncooked
- 1 lb ground beef 80% lean (at least)
- 0.5 lb sausage meat
- 0.5 cup onion chopped
- 1.5 cups pasta sauce
- 30 oz ricotta cheese
- 9 oz spinach frozen dry thawed drained
- 2 teaspoons basil dried italian
- 1 eggs

- 3 cups pasta sauce
- 8 oz mozzarella cheese shredded

Equipment

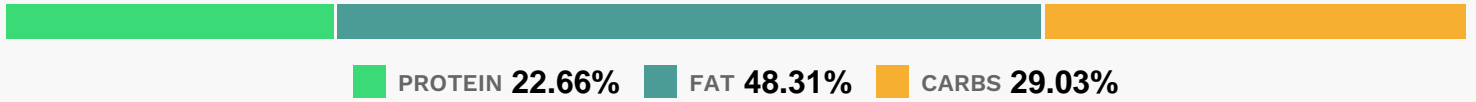
- bowl
- frying pan
- oven
- baking pan
- aluminum foil
- dutch oven

Directions

- In 5-quart Dutch oven, cook lasagna noodles as directed on package.
- Drain; rinse with hot water.
- Drain well.
- Meanwhile, in 12-inch skillet, cook beef, sausage and onion over medium-high heat, stirring frequently, until meat is no longer pink; drain. Stir in 1 1/2 cups pasta sauce. Reduce heat to low; simmer uncovered 10 minutes, stirring occasionally.
- Remove from heat.
- In small bowl, mix ricotta cheese, spinach, basil and egg.
- Spread about 3 tablespoons ricotta mixture over each cooked lasagna noodle to within 1 inch of one short end. Spoon about 1/4 cup meat mixture over ricotta mixture on each.
- Roll up firmly toward unfilled end. Line 15x10x1-inch pan with foil.
- Place rolls, seam side down, on pan; cover loosely with foil. Freeze about 30 minutes or until firm.
- Place frozen rolls in airtight freezer container; label. Freeze up to 3 months.
- To bake 16 lasagna rolls, spray two 13x9-inch (3-quart) glass baking dishes with cooking spray.
- Remove rolls from freezer bag; place 8 in each baking dish. Cover with foil; thaw in refrigerator at least 8 hours but no longer than 24 hours.

- Heat oven to 350°F.
- Pour 1 1/2 cups pasta sauce over and around rolls in each baking dish. Cover tightly with foil; bake 30 to 40 minutes or until hot and bubbly.
- Sprinkle each baking dish with 1 cup mozzarella cheese; bake uncovered 3 to 5 minutes longer or until cheese is melted.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.06, Glycemic Load:10.21, Inflammation Score:-9, Nutrition Score:19.215652092643%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 381.38kcal (19.07%), Fat: 20.49g (31.52%), Saturated Fat: 9.9g (61.87%), Carbohydrates: 27.71g (9.24%), Net Carbohydrates: 25.19g (9.16%), Sugar: 3.82g (4.24%), Cholesterol: 78.87mg (26.29%), Sodium: 586.97mg (25.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.62g (43.24%), Vitamin K: 64.93µg (61.84%), Vitamin A: 2527.14IU (50.54%), Selenium: 34.31µg (49.01%), Phosphorus: 284.67mg (28.47%), Manganese: 0.47mg (23.66%), Calcium: 229.58mg (22.96%), Zinc: 3.21mg (21.41%), Vitamin B12: 1.26µg (20.93%), Vitamin B2: 0.32mg (18.57%), Vitamin B3: 3.19mg (15.94%), Vitamin B6: 0.31mg (15.51%), Potassium: 514.93mg (14.71%), Iron: 2.47mg (13.72%), Magnesium: 54.34mg (13.59%), Vitamin E: 1.76mg (11.72%), Folate: 46.49µg (11.62%), Copper: 0.23mg (11.45%), Fiber: 2.52g (10.1%), Vitamin B1: 0.12mg (8.17%), Vitamin B5: 0.77mg (7.69%), Vitamin C: 6.17mg (7.48%), Vitamin D: 0.43µg (2.87%)