



Meatball Lasagna

READY IN



45 min.

SERVINGS



8

CALORIES



873 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce onion-and-chive cream cheese softened flavored
- 1 large eggs lightly beaten
- 16 ounce egg roll wrappers
- 0.3 cup basil fresh chopped
- 0.5 teaspoon garlic salt
- 60 meatballs frozen italian-style cooked
- 3 ounce parmesan cheese shredded divided
- 0.5 teaspoon seasoned pepper
- 15 ounce ricotta cheese

- 8 ounces mozzarella cheese shredded divided
- 52 ounce tomato basil pasta sauce

Equipment

- oven
- baking pan

Directions

- Stir together first 6 ingredients until blended. Stir in 1/2 cup mozzarella cheese and 1/2 cup Parmesan cheese; set aside.
- Spread 1 cup pasta sauce in bottom of a lightly greased 13- x 9-inch baking dish.
- Cut egg roll wrappers in half lengthwise; arrange 10 halves over pasta sauce. (Wrappers will overlap.) Top with meatballs. Spoon 3 cups pasta sauce over meatballs; sprinkle with 3/4 cup mozzarella cheese. Arrange 10 wrappers evenly over mozzarella.
- Spread ricotta cheese mixture over wrappers; top with remaining wrappers and pasta sauce.
- Bake at 350 for 50 minutes. Top with remaining 3/4 cup mozzarella cheese and remaining 1/4 cup Parmesan cheese.
- Bake 10 more minutes.
- Let stand 15 minutes.
- Note: For testing purposes only, we used Classico Tomato and Basil pasta sauce.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:0.72, Inflammation Score:-8, Nutrition Score:27.458695396133%

Nutrients (% of daily need)

Calories: 872.76kcal (43.64%), Fat: 50.25g (77.31%), Saturated Fat: 23.15g (144.69%), Carbohydrates: 56.47g (18.82%), Net Carbohydrates: 49.51g (18%), Sugar: 14.69g (16.33%), Cholesterol: 178.26mg (59.42%), Sodium: 1754.51mg (76.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.88g (89.76%), Selenium: 58.67µg (83.81%), Vitamin B1: 1.09mg (72.35%), Calcium: 518.87mg (51.89%), Phosphorus: 500.79mg (50.08%), Vitamin B2:

0.71mg (41.74%), Vitamin A: 1975.45IU (39.51%), Vitamin B3: 7.76mg (38.78%), Zinc: 4.54mg (30.25%), Potassium: 1037.18mg (29.63%), Vitamin B12: 1.76µg (29.28%), Fiber: 6.96g (27.84%), Iron: 4.46mg (24.77%), Vitamin B6: 0.47mg (23.72%), Manganese: 0.41mg (20.64%), Folate: 66.59µg (16.65%), Magnesium: 48.93mg (12.23%), Vitamin C: 9.72mg (11.78%), Vitamin B5: 1.02mg (10.16%), Copper: 0.16mg (7.87%), Vitamin K: 4.75µg (4.53%), Vitamin D: 0.4µg (2.65%), Vitamin E: 0.21mg (1.39%)