



Microwaved Lasagna Rolls

READY IN



42 min.

SERVINGS



42

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz tomato sauce italian-style canned
- 6 lasagna noodles cooked drained
- 0.8 lb pd of ground turkey
- 0.5 tsp penzey's southwest seasoning dried italian
- 0.3 cup parmesan cheese grated kraft
- 1 cup polly-o original ricotta cheese
- 1 cup mozzarella cheese shredded kraft

Equipment

- frying pan
- plastic wrap
- baking pan
- microwave

Directions

- Cook turkey in skillet on medium–high heat 10 min. or until no longer pink, stirring frequently to break into small pieces.
- Remove from heat.
- Add ricotta cheese, mozzarella cheese, Parmesan cheese and Italian seasoning; mix well.
- Spread each lasagna noodle with about 1/2 cup of the turkey mixture; roll up tightly, starting at 1 of the short ends.
- Place, seam–sides down, in microwaveable baking dish; top with tomato sauce. Cover loosely with plastic wrap.
- Microwave on HIGH 12 min. or until heated through, rotating dish after 6 min.

Nutrition Facts

PROTEIN 34.4% **FAT 35.13%** **CARBS 30.47%**

Properties

Glycemic Index:3.63, Glycemic Load:1.45, Inflammation Score:-1, Nutrition Score:2.1747825897258%

Nutrients (% of daily need)

Calories: 45.88kcal (2.29%), Fat: 1.8g (2.77%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 3.51g (1.17%), Net Carbohydrates: 3.19g (1.16%), Sugar: 0.45g (0.5%), Cholesterol: 10.09mg (3.36%), Sodium: 84.31mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Selenium: 5.63µg (8.05%), Phosphorus: 48.67mg (4.87%), Vitamin B3: 0.93mg (4.66%), Vitamin B6: 0.09mg (4.39%), Calcium: 33.55mg (3.36%), Zinc: 0.38mg (2.54%), Vitamin B2: 0.04mg (2.24%), Vitamin B12: 0.13µg (2.17%), Manganese: 0.04mg (2.08%), Potassium: 67.33mg (1.92%), Vitamin A: 95.68IU (1.91%), Iron: 0.31mg (1.74%), Magnesium: 6.86mg (1.71%), Copper: 0.03mg (1.34%), Vitamin B5: 0.13mg (1.31%), Fiber: 0.32g (1.26%), Vitamin E: 0.18mg (1.17%)