



Mushroom Lasagna Roll Ups in Creamy Gorgonzola Cauliflower Sauce

♥♥ Popular

READY IN



70 min.

SERVINGS



6

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 6 cups cauliflower (1 small head or 1 12 ounce bag)
- ☐ 9 lasagne pasta sheets cooked
- ☐ 2 cloves garlic chopped
- ☐ 0.5 cup gorgonzola blue
- ☐ 1 bunch kale chopped
- ☐ 0.5 cup milk

- ☐ 8 ounces mushrooms sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion diced
- ☐ 0.5 cup parmigiano-reggiano grated (parmesan)
- ☐ 2 cups ricotta
- ☐ 6 servings salt and pepper to taste
- ☐ 1 cup mozzarella cheese shredded
- ☐ 1 teaspoon thyme leaves chopped
- ☐ 2 cups vegetable broth
- ☐ 0.3 cup white wine

Equipment

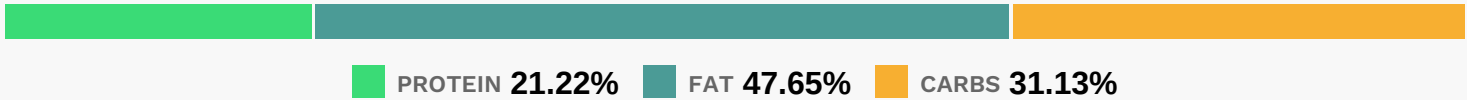
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Melt the butter in a pan over medium heat, add the onions and mushrooms and cook until the mushrooms start to caramelize, about 15–20 minutes.
- ☐ Add the garlic and thyme to the mushrooms and cook until fragrant, about a minute.
- ☐ Add the wine and deglaze the pan.
- ☐ Add the kale and cook until tender, about 10 minutes
- ☐ Melt the butter in a pan over medium heat, add the garlic and saute until fragrant, about a minute.
- ☐ Add the cauliflower and broth, bring to a boil, reduce the heat and simmer, covered, until fork tender, about 8–10 minutes. Puree in a blender or food processor until smooth. Return to heat, mix in the cheese, season with salt and pepper to taste, add enough milk to bring sauce to a saucy consistency and cook until the cheese has melted.

- ☐
- Lay the lasagne noodles out, spread a thin layer of the ricotta mixed with the parmesan onto each lasagna noodle, top with the mushroom mixture and a tablespoon of the cauliflower sauce and roll up the noodles.
- ☐
- Spread 1/2 cup of the cauliflower sauce around the bottom of a 9x9 inch baking dish, place the lasagne roll-ups in, top with 1 1/2 cups of the cauliflower sauce and the mozzarella.
- ☐
- Bake in a preheated 350F oven until golden brown on top and bubbling on the sides, about 25–30 minutes.

Nutrition Facts



Properties

Glycemic Index:83.75, Glycemic Load:16.06, Inflammation Score:-10, Nutrition Score:31.050000045611%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 5.7mg, Isorhamnetin: 5.7mg, Isorhamnetin: 5.7mg, Isorhamnetin: 5.7mg Kaempferol: 10.58mg, Kaempferol: 10.58mg, Kaempferol: 10.58mg, Kaempferol: 10.58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg

Nutrients (% of daily need)

Calories: 540.22kcal (27.01%), Fat: 28.64g (44.07%), Saturated Fat: 16.24g (101.47%), Carbohydrates: 42.1g (14.03%), Net Carbohydrates: 36.95g (13.44%), Sugar: 6.12g (6.8%), Cholesterol: 83.48mg (27.83%), Sodium: 1039.7mg (45.2%), Alcohol: 1.03g (100%), Alcohol %: 0.26% (100%), Protein: 28.7g (57.4%), Vitamin K: 103.65µg (98.71%), Vitamin C: 70.94mg (85.99%), Selenium: 47.38µg (67.69%), Vitamin A: 3142.04IU (62.84%), Calcium: 540.94mg (54.09%), Phosphorus: 467.41mg (46.74%), Vitamin B2: 0.63mg (36.87%), Manganese: 0.67mg (33.46%), Folate: 101.66µg (25.41%), Zinc: 3.18mg (21.2%), Potassium: 733.51mg (20.96%), Vitamin B6: 0.41mg (20.65%), Fiber: 5.15g (20.61%), Vitamin B5: 1.9mg (18.95%), Vitamin B12: 1.08µg (17.95%), Magnesium: 66.32mg (16.58%), Iron: 2.75mg (15.27%), Copper: 0.3mg (14.87%), Vitamin B3: 2.79mg (13.95%), Vitamin B1: 0.17mg (11.04%), Vitamin E: 0.91mg (6.07%), Vitamin D: 0.64µg (4.25%)