



WHATSheATE



Pasta Cream Cheese Broccoli Roll-Ups

READY IN



265 min.

SERVINGS



12

CALORIES



295 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 9 ounces broccoli green frozen cooled cooked drained giant®
- ☐ 0.5 cup butter softened
- ☐ 8 ounces cream cheese softened
- ☐ 6 lasagne pasta sheets uncooked
- ☐ 2 tablespoons sun-dried olives chopped
- ☐ 7 ounces basil pesto
- ☐ 0.3 cup pinenuts toasted
- ☐ 30 ounces pasta sauce (3 cups)

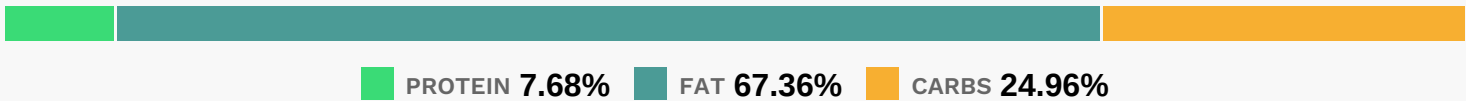
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Cook and drain noodles as directed on package.
- ☐ Mix cream cheese and tomatoes.
- ☐ Mix pesto and margarine in medium bowl. Stir in broccoli.
- ☐ Spread about 3 tablespoons cream cheese mixture evenly over each lasagna noodle; spread about 1/3 cup broccoli mixture evenly over cream cheese mixture.
- ☐ Roll up noodles.
- ☐ Place seam-side-down in shallow container. Cover and refrigerated at least 4 hours but no longer than 24 hours or until firm. To serve, cut each roll in half forming two rounds.
- ☐ Heat spaghetti sauce until hot in 1 1/2-quart saucepan.
- ☐ Place about 1/4 cup sauce onto small individual serving plates. Arrange 1 slice on sauce on each plate.
- ☐ Sprinkle with pine nuts.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:6.08, Inflammation Score:-8, Nutrition Score:10.593043456907%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 295.41kcal (14.77%), Fat: 22.69g (34.9%), Saturated Fat: 6.69g (41.81%), Carbohydrates: 18.91g (6.3%), Net Carbohydrates: 16.38g (5.96%), Sugar: 4.91g (5.46%), Cholesterol: 20.41mg (6.8%), Sodium: 647.91mg (28.17%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.64%), Vitamin C: 24.3mg (29.45%), Vitamin A: 1372.98IU (27.46%), Manganese: 0.51mg (25.69%), Vitamin K: 25.96µg (24.72%), Selenium: 11.5µg (16.42%), Vitamin E: 1.92mg (12.8%), Potassium: 383.2mg (10.95%), Fiber: 2.54g (10.14%), Phosphorus: 101.17mg (10.12%), Copper: 0.18mg (9.24%), Magnesium: 33.18mg (8.29%), Vitamin B2: 0.14mg (8.05%), Iron: 1.37mg (7.59%), Calcium: 72.02mg (7.2%), Vitamin B6: 0.14mg (7.17%), Vitamin B3: 1.29mg (6.47%), Folate: 25.61µg (6.4%), Vitamin B5: 0.54mg (5.43%), Zinc: 0.73mg (4.89%), Vitamin B1: 0.06mg (4.31%)