



## Pasta Rolls with Hearty Meat Sauce

 Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



427 kcal

### Ingredients

- ☐ 0.1 teaspoon basil dried
- ☐ 10 ounce pkt spinach frozen thawed chopped
- ☐ 3 lasagna noodles uncooked
- ☐ 0.5 cup curd cottage cheese 1% low-fat
- ☐ 1.5 cups meat sauce hearty
- ☐ 0.1 teaspoon oregano dried
- ☐ 1 ounce part-skim mozzarella cheese shredded
- ☐ 1 tablespoon romano cheese freshly grated
- ☐ 0.5 cup no-salt-added tomato sauce canned

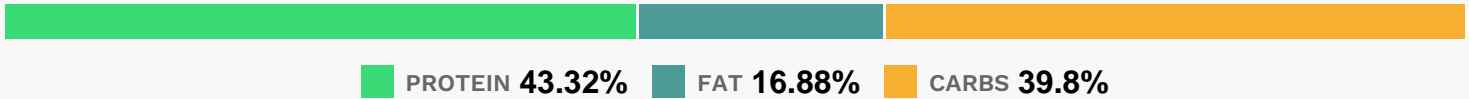
# Equipment

- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ blender

# Directions

- ☐ Cook noodles according to package directions, omitting salt and fat; drain well.
- ☐ Cut noodles in half crosswise.
- ☐ Drain spinach; press between paper towels to remove excess moisture.
- ☐ Combine Hearty Meat Sauce and tomato sauce in a small saucepan. Bring to a boil; reduce heat, and simmer, uncovered, 20 minutes.
- ☐ Combine cottage cheese, Romano cheese, oregano, and basil in container of an electric blender or food processor; cover and process until smooth, stopping once to scrape down sides.
- ☐ Transfer cheese mixture to a bowl; add spinach, stirring well.
- ☐ Spread about 3 tablespoons spinach mixture on each lasagna noodle half, leaving a 1/4-inch border around the edge.
- ☐ Roll up each noodle, jellyroll fashion, beginning at narrow end.
- ☐ Spoon meat sauce into a 1-quart casserole coated with cooking spray. Arrange rolls, seam side down, over sauce. Cover and bake at 350 for 25 minutes.
- ☐ Sprinkle with mozzarella cheese.
- ☐ Bake, uncovered, 5 minutes or until cheese melts.

# Nutrition Facts



# Properties

Glycemic Index:59.5, Glycemic Load:13.68, Inflammation Score:-10, Nutrition Score:42.326521464016%

Nutrients (% of daily need)

Calories: 426.71kcal (21.34%), Fat: 8.05g (12.39%), Saturated Fat: 3.07g (19.17%), Carbohydrates: 42.72g (14.24%), Net Carbohydrates: 36.27g (13.19%), Sugar: 5.94g (6.61%), Cholesterol: 85.93mg (28.64%), Sodium: 875.45mg (38.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.5g (93%), Vitamin K: 531.47µg (506.16%), Vitamin A: 17024.6IU (340.49%), Selenium: 78.91µg (112.73%), Manganese: 1.48mg (74.07%), Vitamin B3: 13.87mg (69.36%), Vitamin B6: 1.26mg (62.94%), Folate: 231.83µg (57.96%), Phosphorus: 562.32mg (56.23%), Magnesium: 174.9mg (43.73%), Calcium: 381.18mg (38.12%), Vitamin B2: 0.64mg (37.76%), Potassium: 1248.13mg (35.66%), Vitamin E: 5.31mg (35.42%), Fiber: 6.45g (25.8%), Iron: 4.46mg (24.78%), Vitamin B5: 2.25mg (22.52%), Copper: 0.45mg (22.43%), Zinc: 2.85mg (19.01%), Vitamin B1: 0.27mg (18.22%), Vitamin C: 13.44mg (16.29%), Vitamin B12: 0.73µg (12.09%), Vitamin D: 0.17µg (1.12%)