



 **75%**
HEALTH SCORE

Portobello Lasagna Rollups

 Very Healthy

READY IN



90 min.

SERVINGS



6

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 6 servings pepper black freshly ground
- 56 ounce tomatoes whole drained chopped canned
- 1 eggs lightly beaten
- 10 ounce pkt spinach frozen thawed drained chopped
- 2 cloves garlic minced
- 1 pinch ground nutmeg
- 6 servings kosher salt and pepper black freshly ground

- 1 tablespoons olive oil
- 2 teaspoons olive oil
- 1 medium onion finely chopped
- 1 teaspoon oregano dried
- 0.3 cup parmesan grated
- 0.7 cup part-skim mozzarella cheese grated
- 15 ounce part-skim ricotta cheese
- 12 ounces portabello mushrooms chopped
- 0.5 teaspoon salt
- 3 tablespoons tomato paste
- 0.8 pound lasagna noodles whole-wheat

Equipment

- bowl
- frying pan
- oven
- pot
- baking pan
- aluminum foil

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- Cook the noodles to al dente according to the directions on the package.
- Drain them well and spread them out onto aluminum foil or waxed paper to prevent them from sticking.
- Heat the oil in a large saute pan over medium-high heat.
- Add the mushrooms and cook, stirring occasionally, until browned and all the liquid has evaporated, about 5 minutes. Season with 1/4 teaspoon of the salt. Stir in 1 1/2 cups of the

tomato sauce and simmer for 2 minutes. In a medium bowl, combine the ricotta cheese, spinach, egg, the remaining 1/4 teaspoon salt, a few turns of pepper and nutmeg.

- Spread 1 cup of the tomato sauce on the bottom of a 9- by 12-inch baking dish.
- Spread about 2 tablespoons of the ricotta mixture onto a lasagna noodle. Top with about 1 1/2 tablespoons of the mushroom mixture, roll the noodle and place it into the baking dish. Repeat with the remaining noodles.
- Spread the remaining 1 1/2 cups sauce over the lasagna rolls. Top with the grated cheeses, cover loosely with foil and bake for 45 minutes. Uncover and bake for 15 minutes more.
- In a large pot, heat the oil over medium heat.
- Add the onions and cook, stirring occasionally, until soft, about 5 minutes.
- Add the garlic and cook for 2 minutes longer.
- Add the tomato paste, dried oregano, whole tomatoes and bay leaf, and cook, uncovered, stirring occasionally, until thickened, about 30 minutes. Season with salt and pepper.

Nutrition Facts

PROTEIN 21.75% **FAT 26.35%** **CARBS 51.9%**

Properties

Glycemic Index:44.67, Glycemic Load:1.1, Inflammation Score:-10, Nutrition Score:42.866521679837%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg

Nutrients (% of daily need)

Calories: 474.81kcal (23.74%), Fat: 14.78g (22.73%), Saturated Fat: 6.49g (40.53%), Carbohydrates: 65.49g (21.83%), Net Carbohydrates: 59.85g (21.76%), Sugar: 10.27g (11.41%), Cholesterol: 60.05mg (20.02%), Sodium: 923.88mg (40.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.45g (54.9%), Vitamin K: 189.84µg (180.8%), Vitamin A: 6384.59IU (127.69%), Manganese: 2.43mg (121.61%), Selenium: 72.54µg (103.63%), Calcium: 526.61mg (52.66%), Phosphorus: 526.37mg (52.64%), Magnesium: 168.84mg (42.21%), Vitamin B3: 7.96mg (39.8%), Folate: 157.4µg (39.35%), Vitamin B2: 0.64mg (37.82%), Copper: 0.75mg (37.5%), Vitamin C: 30.65mg (37.15%), Iron: 6.67mg (37.03%), Potassium: 1221.71mg (34.91%), Vitamin B1: 0.51mg (34.13%), Vitamin B6: 0.68mg (34.04%), Vitamin E: 4.27mg (28.49%), Zinc: 3.89mg (25.94%), Fiber: 5.65g (22.58%), Vitamin B5: 1.92mg (19.19%), Vitamin

B12: 0.45µg (7.52%), Vitamin D: 0.45µg (2.97%)