



WHATSheATE



Ricotta & rocket pasta pockets



Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



416 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 250 g lasagna sheets fresh
- ☐ 1 tbsp olive oil
- ☐ 250 g ricotta cheese
- ☐ 50 g arugula
- ☐ 700 g tomato sauce
- ☐ 50 g cheddar cheese grated

Equipment

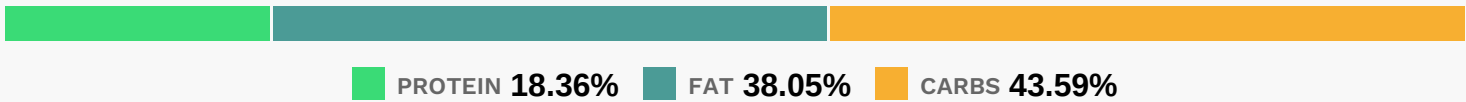
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ colander

Directions

- ☐ Put the lasagne sheets in a large bowl and pour over boiling water to cover. Leave to soak for 5 minutes. Meanwhile, preheat the oven to fan 180C/conventional 200C/gas 6 and lightly oil a shallow baking tray.
- ☐ Drain the lasagne sheets in a colander. Take one sheet and put a large spoonful of ricotta in the centre. Scatter over a few rocket leaves, season well, then fold the sheet in half. Press the edges together to form a pocket. Continue to fill all the pasta sheets, then lay them on the baking tray so they overlap slightly.
- ☐ Tip the sauce over the pasta pockets, spreading to make sure they are completely covered.
- ☐ Sprinkle over the cheese and bake for 10–12 minutes until hot and bubbly.
- ☐ Serve with a crisp green salad.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:3.68, Inflammation Score:-8, Nutrition Score:20.142174021057%

Flavonoids

Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 4.36mg, Kaempferol: 4.36mg, Kaempferol: 4.36mg, Kaempferol: 4.36mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 415.82kcal (20.79%), Fat: 17.91g (27.55%), Saturated Fat: 8.35g (52.22%), Carbohydrates: 46.16g (15.39%), Net Carbohydrates: 43.33g (15.76%), Sugar: 6.7g (7.44%), Cholesterol: 90mg (30%), Sodium: 983.45mg (42.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.44g (38.88%), Folate: 148µg (37%), Vitamin B2: 0.58mg (33.87%), Vitamin B1: 0.5mg (33.33%), Phosphorus: 311.63mg (31.16%), Vitamin A: 1487.13IU (29.74%), Manganese: 0.57mg (28.71%), Calcium: 271.66mg (27.17%), Iron: 4.23mg (23.52%), Vitamin E: 3.24mg (21.6%), Potassium: 753.03mg (21.52%), Vitamin K: 21.62µg (20.59%), Vitamin B3: 3.94mg (19.69%), Selenium: 13.69µg (19.55%), Copper: 0.37mg (18.52%), Magnesium: 71.13mg (17.78%), Vitamin C: 14.13mg (17.12%), Zinc: 2.39mg (15.93%), Vitamin

B6: 0.27mg (13.71%), Fiber: 2.83g (11.3%), Vitamin B5: 1.11mg (11.15%), Vitamin B12: 0.54µg (8.98%), Vitamin D: 0.2µg (1.33%)