



Simple Lasagna Roll-Ups

READY IN



85 min.

SERVINGS



8

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup italian* five cheese blend shredded kraft finely
- 16 lasagna noodles uncooked
- 1 lb ground beef lean
- 1 large onion chopped
- 0.5 cup parmesan cheese grated kraft
- 24 oz classico family favorites pasta sauce divided traditional
- 1 cup water

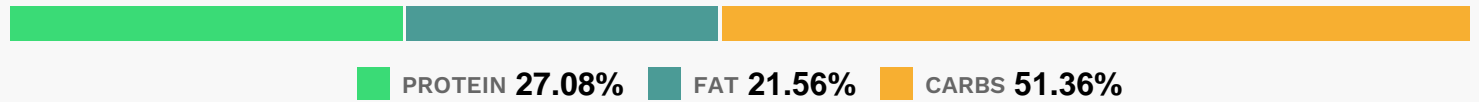
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 375F.
- Cook noodles as directed on package, omitting salt. Meanwhile, brown meat with onions in large skillet; drain. Return to skillet. Stir in 1 cup pasta sauce and shredded cheese.
- Mix remaining pasta sauce and water; spread 1 cup onto bottom of 13x9-inch baking dish.
- Drain noodles.
- Spread each with 1/4 cup meat mixture; roll up.
- Place, seam-sides down, over sauce in dish. Top with remaining sauce and Parmesan; cover.
- Bake 50 min. to 1 hour or until heated through, uncovering for the last 10 min.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:18.65, Inflammation Score:-6, Nutrition Score:16.507391310256%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 384.6kcal (19.23%), Fat: 9.2g (14.16%), Saturated Fat: 3g (18.76%), Carbohydrates: 49.35g (16.45%), Net Carbohydrates: 45.96g (16.71%), Sugar: 5.32g (5.91%), Cholesterol: 43.39mg (14.46%), Sodium: 582.12mg (25.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.02g (52.04%), Selenium: 48.05µg (68.64%), Manganese: 0.64mg (31.98%), Phosphorus: 286.13mg (28.61%), Zinc: 4.17mg (27.79%), Vitamin B3: 4.94mg (24.68%), Vitamin B12: 1.35µg (22.57%), Vitamin B6: 0.41mg (20.63%), Potassium: 612.53mg (17.5%), Iron: 2.96mg (16.45%), Copper: 0.32mg (15.89%), Magnesium: 59.27mg (14.82%), Fiber: 3.39g (13.55%), Vitamin B2: 0.21mg (12.16%), Calcium: 117.22mg (11.72%), Vitamin E: 1.48mg (9.87%), Vitamin B5: 0.91mg (9.12%), Vitamin C: 7.34mg (8.9%), Vitamin A: 422.7IU (8.45%), Vitamin B1: 0.1mg (6.96%), Folate: 24.51µg (6.13%), Vitamin K: 2.79µg (2.66%)