



# Spinach and Mushroom Lasagna Roll-ups with Gorgonzola Cream Sauce

 Vegetarian  Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



1023 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 small bundle asparagus
- 16 cremini caps with a damp towel and finely chopped in food processor cleaned
- 1 cup chicken broth fat free
- 2 cloves garlic minced
- 8 ounces gorgonzola crumbled
- 0.5 cup heavy cream (3 turns around the pan)
- 8 curly edge lasagna noodles cooked (12 to 14 minutes)

- 2 tablespoons olive oil extra-virgin (2 turns around the pan)
- 4 servings olive oil extra-virgin
- 2 cups part skim ricotta
- 4 servings salt and pepper
- 1 cups mozzarella cheese shredded
- 10 ounce pkt spinach frozen dry chopped
- 4 vine-ripe tomatoes
- 1 small yellow-skinned onion finely chopped
- 0.3 teaspoon the equivalent of freshly grated

## Equipment

- frying pan
- pot
- casserole dish
- broiler
- colander
- cutting board

## Directions

- In a medium skillet over moderate heat, saute mushrooms, chopped onions, and garlic in oil until mushrooms give off their juices and darken and onions are tender, about 7 or 8 minutes. Season with salt and pepper; the salt will help draw water out of the vegetables as they cook.
- Add dry chopped spinach to the pan and heat through for 1 minute. Adjust seasonings with salt, pepper, and a little nutmeg.
- Add ricotta and stir into mixture to heat cheese through, 1 minute longer.
- Remove pan from heat but leave in the warm skillet.
- Heat broth in a small pan over moderate heat. Melt Gorgonzola into broth and bring liquid to a bubble. Stir in cream and thicken sauce 2 minutes.
- Place cooked lasagna noodles on a large work surface or cutting board.
- Spread lasagna noodles with a layer of spinach-mushroom filling.

- Roll up pasta and arrange the 8 bundles in a shallow casserole dish.
- Pour warm sauce over roll-ups and top with mozzarella.
- Place casserole under broiler to melt cheese.
- Serve with Steamed Asparagus and Broiled Tomatoes.
- While you boil your lasagna noodles, place fresh asparagus tips in a small colander over the boiling water in the pasta pot.
- Place a lid on the colander and steam asparagus while you are cooking your pasta for 4 minutes or until tips are just tender.
- Split 4 vine-ripe tomatoes across the center and drizzle with extra-virgin olive oil, salt, and pepper. Broil tomatoes.
- Serve along side your completed casserole. Top with any fresh herb you have on hand: basil, thyme, or rosemary.

## Nutrition Facts



**PROTEIN 18.09%** **FAT 57.01%** **CARBS 24.9%**

## Properties

Glycemic Index:73.25, Glycemic Load:19.15, Inflammation Score:-10, Nutrition Score:47.834348015163%

## Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg

## Nutrients (% of daily need)

Calories: 1023.47kcal (51.17%), Fat: 65.83g (101.27%), Saturated Fat: 30.41g (190.05%), Carbohydrates: 64.69g (21.56%), Net Carbohydrates: 58.4g (21.24%), Sugar: 9.38g (10.42%), Cholesterol: 136.7mg (45.57%), Sodium: 1484.8mg (64.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47g (94%), Vitamin K: 292.48µg (278.55%), Vitamin A: 10916.6IU (218.33%), Selenium: 96.72µg (138.17%), Calcium: 938.58mg (93.86%), Phosphorus: 845.81mg (84.58%), Vitamin B2: 1.22mg (71.51%), Manganese: 1.36mg (68%), Folate: 198.13µg (49.53%), Vitamin E: 6.44mg (42.94%), Zinc: 6.43mg (42.86%), Copper: 0.84mg (42.13%), Potassium: 1431.1mg (40.89%), Magnesium: 146.65mg (36.66%), Vitamin B12: 1.93µg (32.18%), Vitamin B5: 3.13mg (31.28%), Vitamin B3: 6.21mg (31.06%), Vitamin B6: 0.58mg (29.04%), Vitamin C: 23.03mg (27.92%), Fiber: 6.28g (25.14%), Iron: 3.99mg (22.15%), Vitamin B1: 0.32mg (21.29%), Vitamin D: 1.08µg (7.17%)