



Spinach Lasagna Rolls

READY IN



55 min.

SERVINGS



55

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 lasagna noodles cooked
- 4 oz philadelphia cream cheese softened ()
- 10 oz pkt spinach frozen thawed drained chopped well
- 1.3 cups low-moisture milk mozzarella cheese shredded whole divided kraft
- 0.3 cup parmesan cheese grated kraft
- 2 cups classico family favorites pasta sauce traditional

Equipment

- oven

baking pan

Directions

Heat oven to 375F.

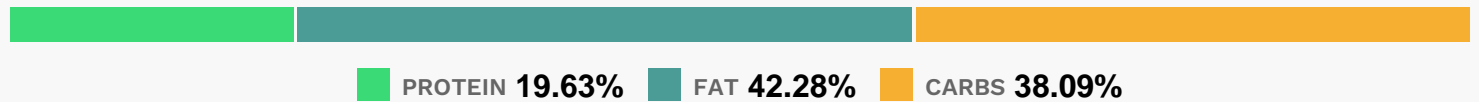
Mix cream cheese, spinach, 1 cup mozzarella and Parmesan until blended; spread onto noodles.

Roll up tightly.

Place, seam sides down, in 9-inch square baking dish; top with sauce and remaining mozzarella.

Bake 30 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:2.19, Glycemic Load:1.11, Inflammation Score:-5, Nutrition Score:2.9156521772561%

Nutrients (% of daily need)

Calories: 30.76kcal (1.54%), Fat: 1.48g (2.27%), Saturated Fat: 0.8g (5.03%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.59g (0.94%), Sugar: 0.51g (0.57%), Cholesterol: 4.15mg (1.38%), Sodium: 78.49mg (3.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.09%), Vitamin K: 19.51µg (18.58%), Vitamin A: 690.15IU (13.8%), Selenium: 3.11µg (4.45%), Manganese: 0.07mg (3.39%), Calcium: 32.17mg (3.22%), Phosphorus: 27.5mg (2.75%), Folate: 9.61µg (2.4%), Vitamin E: 0.31mg (2.1%), Vitamin B2: 0.03mg (2.01%), Magnesium: 7.42mg (1.85%), Fiber: 0.4g (1.6%), Potassium: 53.71mg (1.53%), Iron: 0.28mg (1.53%), Zinc: 0.2mg (1.37%), Copper: 0.03mg (1.28%), Vitamin B6: 0.02mg (1.23%), Vitamin C: 0.91mg (1.1%)