



Spinach Lasagna Rollups

READY IN



128 min.

SERVINGS



6

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 oz curd cottage cheese
- ☐ 1 large eggs
- ☐ 3.5 tablespoons flour all-purpose
- ☐ 2 garlic clove minced
- ☐ 0.1 teaspoon nutmeg
- ☐ 14 lasagne pasta sheets uncooked
- ☐ 3.5 cups milk 1% low-fat
- ☐ 2 teaspoons olive oil
- ☐ 1 large onion finely chopped

- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 1 cup part-skim mozzarella cheese grated
- ☐ 0.5 teaspoon pepper divided freshly ground
- ☐ 1.8 teaspoons salt divided
- ☐ 16 oz pkt spinach frozen thawed

Equipment

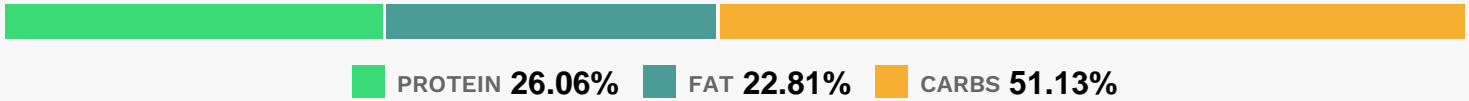
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ kitchen towels
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Cook 7 lasagna noodles according to package directions; remove with tongs or a slotted spoon to a large bowl of cold water. Repeat with remaining noodles.
- ☐ Drain noodles, and arrange in a single layer on clean kitchen towels. Cover with plastic wrap.
- ☐ Cook onion in hot oil in a saucepan over medium heat, stirring occasionally, 8 minutes or until onion is caramel colored.
- ☐ Add garlic, and saut 1 minute. Reserve 1/4 cup onion mixture.
- ☐ Whisk flour into remaining onion mixture in saucepan, and cook, whisking constantly, 1 minute. Gradually whisk in milk. Cook over medium heat, whisking constantly, 8 to 10 minutes or until sauce is thickened and bubbly.
- ☐ Remove from heat; stir in 3/4 tsp. salt, 1/4 tsp. pepper, and 1/8 tsp. nutmeg. Spoon 1/2 cup sauce into a lightly greased 13- x 9-inch baking dish.

- ☐ Drain spinach well, pressing between paper towels.
- ☐ Preheat oven to 42
- ☐ Stir together spinach, cottage cheese, mozzarella cheese, egg, reserved 1/4 cup onion mixture, and remaining 1 tsp. salt and 1/4 tsp. pepper.
- ☐ Spread about 3 Tbsp. spinach mixture over 1 noodle; roll up firmly, and place, seam side down, in prepared baking dish. Repeat with remaining noodles and spinach mixture. Spoon remaining sauce over rollups, and sprinkle with Parmesan cheese.
- ☐ Bake at 425 for 20 to 25 minutes or until golden and bubbly.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:55.83, Glycemic Load:24.05, Inflammation Score:-10, Nutrition Score:37.267826453499%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 4.99mg, Kaempferol: 4.99mg, Kaempferol: 4.99mg, Kaempferol: 4.99mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg

Nutrients (% of daily need)

Calories: 546.81kcal (27.34%), Fat: 13.82g (21.27%), Saturated Fat: 5.97g (37.32%), Carbohydrates: 69.73g (23.24%), Net Carbohydrates: 65.36g (23.77%), Sugar: 13.26g (14.73%), Cholesterol: 72.73mg (24.24%), Sodium: 1354.42mg (58.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.54g (71.09%), Vitamin K: 366.95µg (349.47%), Vitamin A: 7689.85IU (153.8%), Selenium: 64.4µg (92%), Manganese: 1.39mg (69.72%), Phosphorus: 625.82mg (62.58%), Calcium: 553.08mg (55.31%), Folate: 193.48µg (48.37%), Vitamin B2: 0.7mg (41.09%), Magnesium: 130.78mg (32.7%), Vitamin C: 23.41mg (28.37%), Potassium: 986.91mg (28.2%), Vitamin B12: 1.61µg (26.85%), Vitamin B6: 0.45mg (22.52%), Zinc: 3.26mg (21.73%), Iron: 3.49mg (19.37%), Vitamin B1: 0.28mg (18.86%), Copper: 0.36mg (17.79%), Fiber: 4.37g (17.48%), Vitamin B5: 1.67mg (16.74%), Vitamin E: 2.06mg (13.75%), Vitamin D: 1.87µg (12.47%), Vitamin B3: 2.25mg (11.26%)