



HEALTH SCORE

66%

## Spinach, Sun-Dried Tomato, and Parmesan Rolls



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



170 kcal

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon basil dried
- ☐ 0.3 cup breadcrumbs dry
- ☐ 1 large egg white
- ☐ 0.8 cup ricotta cheese fat-free
- ☐ 4 garlic cloves minced
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped

- ☐ 1 teaspoon oregano dried
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 0.5 cup part-skim ricotta cheese
- ☐ 10 sheets phyllo dough frozen thawed ()
- ☐ 0.5 teaspoon salt
- ☐ 20 ounce pkt spinach frozen dry thawed drained chopped
- ☐ 0.5 cup sun-dried tomatoes packed
- ☐ 1 cup water boiling

## Equipment

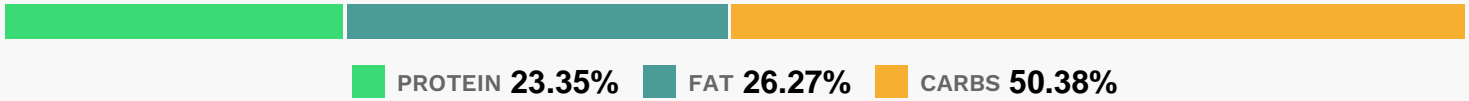
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ cutting board

## Directions

- ☐ Combine boiling water and tomatoes in a bowl; let stand 30 minutes or until soft.
- ☐ Drain and chop.
- ☐ Preheat oven to 35
- ☐ Heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, oregano, basil, and garlic; saut 4 minutes or until onion begins to brown. Stir in tomatoes and spinach; cook 1 minute.
- ☐ Remove from heat; cool 10 minutes. Stir in cheeses, salt, pepper, and egg white; mix well.
- ☐ Place 1 phyllo sheet on a large cutting board or work surface (cover remaining dough to prevent drying), and lightly coat with cooking spray.
- ☐ Sprinkle with 1 1/2 teaspoons breadcrumbs. Repeat layers 3 times; top with 1 phyllo sheet. Gently press phyllo layers together. Lightly coat top phyllo sheet with cooking spray. Spoon half of the spinach mixture along 1 long edge of phyllo, leaving a 2-inch border. Fold over short

- edges of phyllo to cover 2 inches of spinach mixture on each end. Starting at long edge, roll up jelly-roll fashion.
- ☐ Place roll, seam side down, on a baking sheet coated with cooking spray.
  - ☐ Cut diagonal slits into top of roll using a sharp knife. Lightly coat with cooking spray. Repeat procedure with the remaining phyllo, cooking spray, breadcrumbs, and spinach mixture.
  - ☐ Bake at 350 for 22 minutes or until golden.
  - ☐ Let stand 5 minutes.
  - ☐ Cut each roll into 5 equal slices.

## Nutrition Facts



## Properties

Glycemic Index:18.9, Glycemic Load:4.88, Inflammation Score:-10, Nutrition Score:20.324782745994%

## Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

## Nutrients (% of daily need)

Calories: 170.07kcal (8.5%), Fat: 5.06g (7.78%), Saturated Fat: 2.02g (12.65%), Carbohydrates: 21.82g (7.27%), Net Carbohydrates: 18.59g (6.76%), Sugar: 4.04g (4.48%), Cholesterol: 10.65mg (3.55%), Sodium: 409.01mg (17.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.12g (20.23%), Vitamin K: 217.73µg (207.36%), Vitamin A: 6793.35IU (135.87%), Manganese: 0.69mg (34.29%), Folate: 111.57µg (27.89%), Calcium: 229.13mg (22.91%), Selenium: 13.08µg (18.69%), Vitamin B2: 0.29mg (17.28%), Magnesium: 65.4mg (16.35%), Vitamin B1: 0.23mg (15.1%), Iron: 2.64mg (14.68%), Phosphorus: 135.73mg (13.57%), Potassium: 464.29mg (13.27%), Fiber: 3.24g (12.94%), Vitamin E: 1.85mg (12.34%), Copper: 0.21mg (10.52%), Vitamin B3: 1.81mg (9.04%), Vitamin B6: 0.17mg (8.51%), Vitamin C: 6.84mg (8.29%), Zinc: 0.94mg (6.26%), Vitamin B5: 0.33mg (3.33%), Vitamin B12: 0.12µg (1.94%)