



WHATSheATE



Tomato-Basil Lasagna Rolls

READY IN



95 min.

SERVINGS



10

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz artichoke hearts drained quartered canned
- ☐ 0.3 cup basil fresh
- ☐ 10 servings parmesan fresh
- ☐ 1 large egg whites lightly beaten
- ☐ 3 garlic clove divided minced
- ☐ 10 lasagne pasta sheets uncooked
- ☐ 1 cup part-skim ricotta low-fat
- ☐ 2 teaspoons olive oil
- ☐ 1 oz parmesan shredded

- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 1.5 teaspoons sugar
- ☐ 1 cup onion sweet finely chopped
- ☐ 24 oz tomato basil sauce

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ wax paper

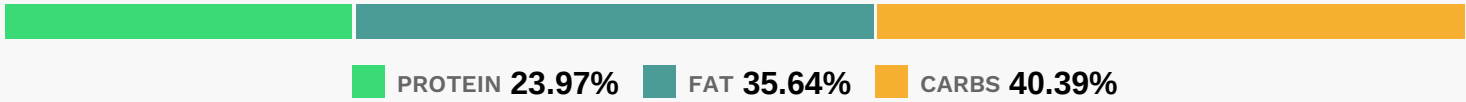
Directions

- ☐ Preheat oven to 35
- ☐ Cook pasta according to package directions for al dente.
- ☐ Drain pasta (do not rinse); arrange in a single layer on a piece of lightly greased aluminum foil or wax paper.
- ☐ Saut onion in hot oil in a 3-qt. saucepan over medium heat 7 to 8 minutes or until caramelized.
- ☐ Add two-thirds of minced garlic, and cook, stirring constantly, 1 minute. Stir in tomato sauce and next 2 ingredients. Bring mixture to a boil, stirring often. Reduce heat to low; simmer, stirring often, 5 minutes.
- ☐ Remove from heat.
- ☐ Stir together ricotta and cream cheese until smooth. Stir in artichoke hearts, next 3 ingredients, and remaining minced garlic.
- ☐ Spread 1/4 cup cheese mixture on 1 noodle.
- ☐ Roll up firmly, and place, seam side down, into a lightly greased 11- x 7-inch baking dish. Repeat with remaining noodles and cheese. Spoon tomato sauce over lasagna rolls.
- ☐ Bake, covered, at 350 for 45 to 50 minutes or until thoroughly heated and bubbly.
- ☐ Let stand 5 minutes.

- ☐
- Sprinkle with desired toppings.

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Nutrition Facts



Properties

Glycemic Index:26.61, Glycemic Load:9.2, Inflammation Score:-6, Nutrition Score:11.551304361095%

Flavonoids

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 342.8kcal (17.14%), Fat: 13.33g (20.51%), Saturated Fat: 7.06g (44.14%), Carbohydrates: 34.01g (11.34%), Net Carbohydrates: 30.14g (10.96%), Sugar: 7.73g (8.59%), Cholesterol: 30.02mg (10.01%), Sodium: 968.84mg (42.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.18g (40.36%), Calcium: 490.18mg (49.02%), Selenium: 30.11µg (43.01%), Phosphorus: 332.86mg (33.29%), Vitamin A: 806.62IU (16.13%), Fiber: 3.87g (15.5%), Manganese: 0.3mg (15.06%), Vitamin B2: 0.19mg (11.26%), Zinc: 1.67mg (11.13%), Potassium: 372.17mg (10.63%), Magnesium: 35.49mg (8.87%), Vitamin B12: 0.47µg (7.82%), Iron: 1.23mg (6.83%), Copper: 0.12mg (5.76%), Vitamin B6: 0.11mg (5.44%), Vitamin C: 4.42mg (5.36%), Folate: 14.82µg (3.71%), Vitamin K: 3.85µg (3.66%), Vitamin B5: 0.36mg (3.58%), Vitamin B1: 0.05mg (3.47%), Vitamin B3: 0.63mg (3.13%), Vitamin E: 0.26mg (1.76%), Vitamin D: 0.19µg (1.26%)