



## Turkey Lasagna Cups

READY IN



40 min.

SERVINGS



6

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 egg roll wrappers
- 12 tablespoons tomato purée fire roasted organic canned crushed
- 6 tablespoons turkey cooked chopped
- 3 oz mozzarella cheese shredded

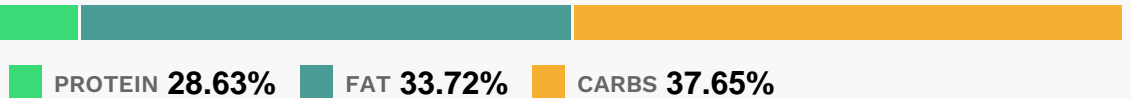
### Equipment

- oven
- muffin liners

## Directions

- Heat oven to 350°F. Spray 6 regular-size muffin cups with cooking spray.
- Line each muffin cup with 1 egg roll wrapper. In each wrapper, place 1 tablespoon each tomatoes, turkey and cheese. Fold excess egg roll wrapper over (like you would wrap a package). Top each with 1 tablespoon tomatoes and 1 tablespoon cheese.
- Bake about 25 minutes or until cheese is melted and egg roll wrapper is cooked through.

## Nutrition Facts



## Properties

Glycemic Index:4.5, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:5.8739130522894%

## Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

## Nutrients (% of daily need)

Calories: 113.36kcal (5.67%), Fat: 4.26g (6.56%), Saturated Fat: 2.12g (13.27%), Carbohydrates: 10.71g (3.57%), Net Carbohydrates: 9.87g (3.59%), Sugar: 1.7g (1.89%), Cholesterol: 23.01mg (7.67%), Sodium: 188.76mg (8.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.29%), Selenium: 9.45µg (13.5%), Vitamin B3: 2.32mg (11.59%), Phosphorus: 100.57mg (10.06%), Calcium: 85.08mg (8.51%), Vitamin B12: 0.51µg (8.44%), Vitamin B2: 0.14mg (8.37%), Manganese: 0.14mg (7.15%), Vitamin B6: 0.14mg (6.9%), Iron: 1.2mg (6.64%), Copper: 0.12mg (6.19%), Zinc: 0.88mg (5.9%), Vitamin B1: 0.09mg (5.79%), Potassium: 195.04mg (5.57%), Vitamin A: 269.12IU (5.38%), Vitamin E: 0.67mg (4.47%), Folate: 16.73µg (4.18%), Magnesium: 16.49mg (4.12%), Vitamin C: 3.39mg (4.11%), Fiber: 0.84g (3.37%), Vitamin B5: 0.28mg (2.84%), Vitamin K: 1.41µg (1.35%)