



Turkey Lasagna Roll-Ups

READY IN



65 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup broccoli fresh chopped
- 1 eggs lightly beaten
- 1 tablespoon skim milk fat-free
- 1.5 teaspoons thyme dried fresh minced
- 4 lasagne pasta sheets
- 6 ounces pd of ground turkey lean
- 8 ounces part-skim ricotta reduced-fat
- 1 small onion chopped
- 0.3 cup parmesan shredded

- 0.3 teaspoon salt
- 2 cups pasta sauce divided
- 0.3 cup water

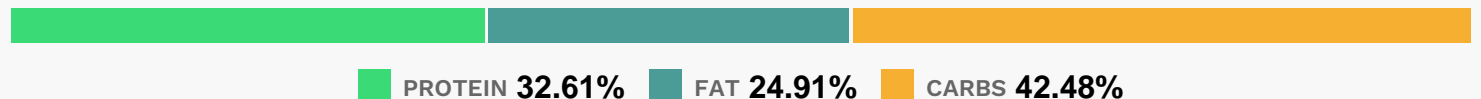
Equipment

- frying pan
- sauce pan
- oven
- baking pan
- kitchen thermometer

Directions

- Cook the noodles according to package directions; rinse and drain. In a nonstick skillet, cook turkey and onion over medium heat until turkey is no longer pink.
- Meanwhile, in a small saucepan, bring broccoli and water to a boil. Reduce heat; cover and simmer for 5 minutes or until crisp-tender; drain.
- Add the broccoli, ricotta, egg, milk, thyme and salt to the turkey mixture.
- Spread over each noodle; drizzle each with 1/4 cup spaghetti sauce. Carefully roll up jelly-roll style.
- Place seam side down in an 8-in. square baking dish coated with cooking spray.
- Drizzle with remaining spaghetti sauce.
- Cover and bake at 375° for 45-50 minutes or until a meat thermometer reads 160°.
- Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:51.56, Glycemic Load:11.27, Inflammation Score:-8, Nutrition Score:21.186087110768%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 316.17kcal (15.81%), Fat: 8.89g (13.68%), Saturated Fat: 4.54g (28.39%), Carbohydrates: 34.13g (11.38%), Net Carbohydrates: 30.38g (11.05%), Sugar: 6.69g (7.43%), Cholesterol: 86.25mg (28.75%), Sodium: 946.42mg (41.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.2g (52.4%), Selenium: 42.81µg (61.16%), Phosphorus: 375.8mg (37.58%), Vitamin C: 29.68mg (35.98%), Vitamin K: 32.93µg (31.37%), Vitamin B6: 0.62mg (31.19%), Vitamin B3: 6.07mg (30.36%), Calcium: 285.62mg (28.56%), Manganese: 0.5mg (24.96%), Potassium: 747.93mg (21.37%), Vitamin B2: 0.35mg (20.82%), Vitamin A: 1026.3IU (20.53%), Zinc: 2.65mg (17.65%), Iron: 3.02mg (16.79%), Magnesium: 65.92mg (16.48%), Fiber: 3.74g (14.97%), Copper: 0.3mg (14.95%), Vitamin E: 2.2mg (14.64%), Vitamin B5: 1.37mg (13.69%), Folate: 50.73µg (12.68%), Vitamin B12: 0.58µg (9.6%), Vitamin B1: 0.13mg (8.49%), Vitamin D: 0.52µg (3.46%)