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Eggplant Lasagna Rolls ♦♦

Eggplant Lasagna Rolls are a delicious vegetarian dish that features thinly sliced eggplant rolled up with a ricotta and spinach filling, topped with marinara sauce and melted cheese. This recipe is a healthier twist on traditional lasagna, with all the flavors you love in a convenient and individual serving size.

Recipe Type: Vegetarian

Prep Time: 30 mins

Cook Time: 40 mins

Total Time: 70 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	eggplant
250 g	ricotta cheese
200 g	spinach
400 g	marinara sauce
200 g	mozzarella cheese

50 g	parmesan cheese
2 cloves	garlic
2 tbsp	olive oil
1 tsp	salt
0.5 tsp	black pepper

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the eggplant lengthwise into thin strips.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Sautéing

In a large skillet, heat olive oil over medium heat. Add garlic and cook until fragrant, about 1 minute. Add spinach and cook until wilted, about 2-3 minutes. Remove from heat.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Mixing

In a mixing bowl, combine ricotta cheese, cooked spinach, salt, and black pepper. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Spreading

Spread marinara sauce evenly on the bottom of a baking dish.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Rolling

Take a slice of eggplant and spoon a generous amount of the ricotta mixture onto one end. Roll up the eggplant and place it seam-side down in the baking dish. Repeat with the remaining eggplant slices and filling.

Prep Time: 10 mins

Cook Time: 0 mins

Step 7

Pouring

Pour the remaining marinara sauce over the eggplant rolls. Sprinkle with mozzarella and Parmesan cheese.

Prep Time: 2 mins

Cook Time: 0 mins

Step 8

Baking

Cover the baking dish with foil and bake for 25 minutes. Remove the foil and bake for an additional 15 minutes, or until the cheese is melted and golden brown.

Prep Time: 0 mins

Cook Time: 40 mins

Step 9

Resting

Remove from the oven and let cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 220 kcal

Fat: 14 g

Protein: 12 g

Carbohydrates: 13 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	13 g	23.64%	26%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	5 g	13.16%	20%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	14 g	50%	56%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	25 iu	2.78%	3.57%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	560 mg	24.35%	24.35%
Calcium	30 mg	3%	3%
Iron	10 mg	125%	55.56%
Potassium	450 mg	13.24%	17.31%
Zinc	1 mg	9.09%	12.5%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Cuisines

Italian

Course

Breads

Soups

Snacks

Cultural

Chinese New Year

Diwali

Cost

\$40 to \$50

Demographics

Senior Friendly

Teen Friendly

Pregnancy Safe

Allergy Friendly

Heart Healthy

Diet

Mediterranean Diet

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Atkins Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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