

Italian Sausage Lasagna Roll Ups - 1878

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	19.50 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3.0 ea	0 lb 12.50 oz	0%	0 lb 12.50 oz	Peppers green bell, medium, chopped	Preheat a oven to 350 degrees. Heat a nonstick skillet with oil in it, medium high heat. Cook bell peppers and onions for 2 minutes. After 2 mins, add Hungry Planet Italian Sausage and kale, and cook for another 4 minutes. Add crushed red pepper flakes, basil and marinara. Cook for another minute. To make a rollup, lay down lasagna noodles. Add ricotta, sauce and sausage mixture, and mozzarella. Roll up tightly. Repeat with the remaining noodles. In a casserole dish place a thin layer of sauce on the bottom. Add rollups on top. Add more sauce on top. Top with parmesan cheese. Bake for 30 minutes, covered. Garnish with fresh basil
	2 1/3 qt	1 lb 6.13 oz	0%	1 lb 6.13 oz	Kale, raw, chopped	
	~ 1 1/2 pt	0 lb 13.91 oz	0%	0 lb 13.91 oz	Onion, diced	
		4 lb 11.00 oz	0%	4 lb 11.00 oz	Hungry Planet Italian Sausage™	
	3 1/8 tsp	0 lb 0.18 oz	0%	0 lb 0.18 oz	Red pepper flakes	
	~ 1 1/2 pt	0 lb 4.63 oz	0%	0 lb 4.63 oz	Basil, fresh, chopped	
	1.172 gal	10 lb 5.35 oz	0%	10 lb 5.35 oz	Sauce, pasta, spaghetti/marinara, ready-to-serve	
2	75.0 ea	9 lb 1.51 oz	0%	9 lb 1.51 oz	Lasagna noodles, cooked	
	~ 1 1/2 qt	1 lb 9.00 oz	0%	1 lb 9.00 oz	Vegan mozzarella cheese, shredded	
	~ 1 1/2 cup	0 lb 5.47 oz	0%	0 lb 5.47 oz	Vegan parmesan, dry, grated	
	~ 1 pt	1 lb 1.90 oz	0%	1 lb 1.90 oz	Vegan ricotta	

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	30 lb 7.56 oz	0 %	30 lb 7.56 oz	0 %	30 lb 7.56 oz
Size of portion	19.50 oz		19.50 oz		19.50 oz

ADDITIONAL INFO

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MEMO

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NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	RI	Calories	RI	Minerals		RI	Others
Total fat	2.70 g	22.48 %	4 %	106.13 kcal	5 %	Salt	0.68 g	11 %	
Saturated	0.93 g	7.75 %	5 %	444.08 kJ		Salt	0.68 %		Vitamin A
Monounsaturated	0.14 g	1.20 %		0.44 MJ		Sodium	274.24 mg		Vitamin D
Polyunsaturated	0.35 g	2.89 %				Phosphorus	35.04 mg		Thiamine
Trans	0.00 g	0.03 %				Potassium	239.84 mg		Riboflavin
Cholesterol	0.68 mg					Iron	1.05 mg		Niacin
Linolenic acid	0.30 g					Calcium	79.97 mg		Vitamin B6
Alpha-linolenic acid	34.97 mg					Zinc	0.26 mg		Vitamin B12
Total Carbohydrate	15.20 g	58.19 %	6 %			Magnesium	14.81 mg		Folate
Sugars	2.17 g	-0.49 %	2 %			Iodine	0.00 µg		Vitamin C
Sugar	0.00 g					Selenium	8.41 µg		Vitamin E
Lactose	0.00 g					Copper	0.13 mg		Vitamin K
Fiber	2.35 g	4.24 %							
Organic acids	0.00 g	0.00 %							Water
Sugar alcohol	0.00 g	0.00 %							57.94 g
Starch	7.76 g	29.72 %							
Protein	5.10 g	19.52 %	10 %						
Alcohol	0.00 g	0.00 %							

CO2



0.05 kg

Comparable values

Snacks	0.30 kg
Main courses	0.42 kg
Desserts	0.19 kg

Comparable CO2 emissions per 100 g.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.