

# Spicy Italian Lasagna Roll Ups

Yield: 8 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-lasagna-roll-ups-recipe>

## Ingredients:

- 8 lasagna noodles
- 1/2 pound hot Italian sausage
- 1/2 cup basil leaf fresh
- 1 cup ricotta
- 3/4 cup cottage cheese
- 1 teaspoon garlic granules
- 1 teaspoon thyme
- 1 teaspoon dried basil
- 1 cup mozzarella cheese
- 24 ounces ragu bottle, Spicy Italian Style sauce
- fresh basil Additional

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 50 milligrams
4. Fat: 17 grams
5. Protein: 13 grams
6. SaturatedFat: 8 grams
7. Sodium: 390 milligrams
8. Sugar: 1 grams

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