

# Italian Veggie Rolls

Yield: 5 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-recipe-pasta-greens-peas>

## Ingredients:

- 1 cup mushrooms chopped
- 1 onion chopped
- 1 cup sliced carrots
- 1 cup green peas
- 1 cup broccoli chopped
- 1 clove garlic minced
- 1/4 cup dry red wine
- 2 cups shredded mozzarella cheese
- 1 egg
- 2 tablespoons olive oil
- 1/4 cup grated Parmesan cheese
- 16 ounces lasagna noodles
- 26 ounces spaghetti sauce

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 85 milligrams
4. Fat: 22 grams
5. Fiber: 8 grams
6. Protein: 19 grams
7. SaturatedFat: 9 grams
8. Sodium: 1000 milligrams
9. Sugar: 18 grams

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