

# Mexican Lasagna Rolls

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-lasagna-recipe-nigella-lawson>

## Ingredients:

- 10 lasagna strips cooked al dente, drained
- 1 cup ricotta cheese
- 1 cup cheddar cheese shredded, divided
- 1 egg beat
- fine sea salt Sprinkle
- 1 cup ground beef 20/80, cooked, crumbled and drained
- 2 cups enchilada sauce
- 1/4 cup scallions chopped
- 1/2 avocado chopped
- 1/4 cup tomato chopped
- 2 tablespoons sour cream
- cooking spray

## Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 155 milligrams
4. Fat: 32 grams
5. Fiber: 4 grams
6. Protein: 29 grams
7. SaturatedFat: 16 grams
8. Sodium: 1530 milligrams
9. Sugar: 10 grams
10. TransFat: 0.5 grams

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