



Easy Lasagna Skillet

READY IN



45 min.

SERVINGS



45

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese spread
- 1 tsp garlic powder
- 0.5 tsp penzey's southwest seasoning dried italian
- 12 lasagna noodles
- 1 lb ground beef lean
- 2 Tbsp milk
- 24 oz classico family favorites pasta sauce traditional
- 0.5 cup pasilla peppers green red chopped
- 2.5 cups water

Equipment

frying pan

Directions

- Brown meat with peppers in large deep nonstick skillet; drain.
- Stir in sauce and water. Bring to boil.
- Add noodles; stir. Cover; simmer on medium–low heat 18 to 20 min. or until noodles are tender, stirring occasionally.
- Mix remaining ingredients until blended.
- Add to ingredients in skillet; swirl gently.
- Remove from heat.
- Let stand, covered, 3 min.

Nutrition Facts



Properties

Glycemic Index:3.22, Glycemic Load:2.52, Inflammation Score:-1, Nutrition Score:2.6373913051642%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 58.65kcal (2.93%), Fat: 1.78g (2.74%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 6.35g (2.31%), Sugar: 0.97g (1.08%), Cholesterol: 9.45mg (3.15%), Sodium: 103.16mg (4.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.35%), Selenium: 6.59µg (9.42%), Manganese: 0.09mg (4.47%), Zinc: 0.66mg (4.4%), Vitamin B3: 0.84mg (4.2%), Phosphorus: 39.47mg (3.95%), Vitamin B12: 0.23µg (3.82%), Vitamin B6: 0.07mg (3.52%), Vitamin C: 2.39mg (2.9%), Potassium: 101.4mg (2.9%), Iron: 0.5mg (2.77%), Copper: 0.05mg (2.52%), Vitamin A: 120.89IU (2.42%), Magnesium: 8.93mg (2.23%), Fiber: 0.51g (2.03%), Vitamin B2: 0.03mg (1.89%), Vitamin E: 0.26mg (1.76%), Vitamin B5: 0.15mg (1.48%), Calcium: 12.39mg (1.24%), Vitamin B1: 0.02mg (1.08%)