



Easy Skillet Lasagna

READY IN



45 min.

SERVINGS



4

CALORIES



736 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz small-curd cottage cheese
- ☐ 6 lasagna noodles cooked cut in half
- ☐ 1 clove garlic minced
- ☐ 0.5 bell pepper green finely chopped
- ☐ 1 pound ground beef drained
- ☐ 4 slices mozzarella cheese
- ☐ 1.5 tablespoons olive oil
- ☐ 1 onion finely chopped
- ☐ 0.5 cup parmesan cheese

☐

16 oz spaghetti sauce

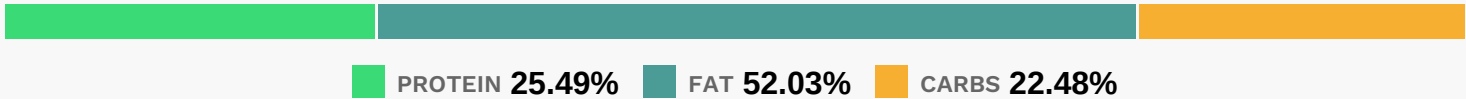
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a skillet over medium heat. Saut green pepper, onion and garlic until tender; drain.
- ☐ Transfer to a bowl; stir in spaghetti sauce and browned beef. In skillet, layer 1/3 of sauce mixture, half the lasagna noodles, half the cottage cheese, 2 slices of mozzarella and half the Parmesan. Repeat layers. Top with remaining sauce, making sure to cover all noodles. Cover and simmer over medium-low heat for 10 to 15 minutes.
- ☐ Remove from heat and let stand for 10 minutes before uncovering and serving.

Nutrition Facts



Properties

Glycemic Index:60.38, Glycemic Load:16.36, Inflammation Score:-7, Nutrition Score:27.523913051771%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg

Nutrients (% of daily need)

Calories: 736.3kcal (36.81%), Fat: 42.38g (65.2%), Saturated Fat: 16.89g (105.57%), Carbohydrates: 41.2g (13.73%), Net Carbohydrates: 37.14g (13.51%), Sugar: 8.73g (9.7%), Cholesterol: 125.85mg (41.95%), Sodium: 1261.97mg (54.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.72g (93.44%), Selenium: 57.57µg (82.25%), Vitamin B12: 3.59µg (59.81%), Phosphorus: 596.36mg (59.64%), Zinc: 7.03mg (46.9%), Calcium: 413.48mg (41.35%), Vitamin B6: 0.66mg (32.91%), Vitamin B3: 6.53mg (32.67%), Vitamin B2: 0.53mg (31.31%), Iron: 4.88mg (27.1%), Vitamin C: 22.17mg (26.87%), Manganese: 0.5mg (25.07%), Potassium: 873.29mg (24.95%), Vitamin E: 3.12mg (20.79%), Vitamin A: 954.9IU (19.1%), Magnesium: 74.88mg (18.72%), Copper: 0.34mg (17.21%), Vitamin B5: 1.64mg

(16.44%), Fiber: 4.06g (16.23%), Folate: 44.24µg (11.06%), Vitamin B1: 0.15mg (10.2%), Vitamin K: 10.46µg (9.97%),
Vitamin D: 0.37µg (2.5%)