



Easy Skillet Lasagna

READY IN



30 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground beef lean
- 0.3 cup onion chopped
- 0.5 cup bell pepper green chopped
- 3 ounces soup noodles uncooked (mini-lasagna noodle)
- 1.3 cups water
- 0.3 teaspoon seasoning italian
- 1.8 cups tomato basil sauce organic (from 25.5 oz. jar)
- 4.5 ounces mushrooms drained sliced
- 0.3 cup mozzarella cheese shredded

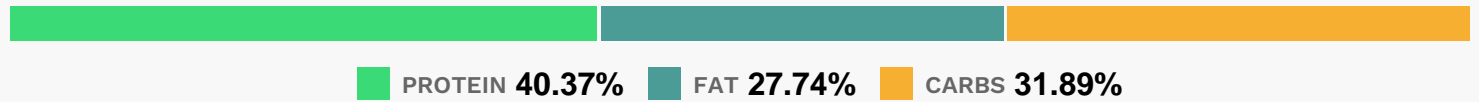
Equipment

- frying pan
- dutch oven

Directions

- Cook beef, onion and bell pepper in 12-inch skillet or 4-quart Dutch oven over medium-high heat about 6 minutes, stirring occasionally, until beef is brown; drain.
- Stir in remaining ingredients except cheese.
- Heat to boiling, stirring occasionally; reduce heat to low. Simmer uncovered 10 to 12 minutes or until pasta is tender.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:6.93, Inflammation Score:-5, Nutrition Score:18.847826040309%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 316.69kcal (15.83%), Fat: 9.54g (14.68%), Saturated Fat: 4.08g (25.51%), Carbohydrates: 24.69g (8.23%), Net Carbohydrates: 21.4g (7.78%), Sugar: 6.11g (6.79%), Cholesterol: 77.68mg (25.89%), Sodium: 346.54mg (15.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.26g (62.52%), Selenium: 37.78µg (53.97%), Vitamin B12: 2.77µg (46.09%), Zinc: 6.56mg (43.75%), Vitamin B3: 7.86mg (39.3%), Phosphorus: 331.99mg (33.2%), Vitamin B6: 0.57mg (28.32%), Vitamin C: 19.01mg (23.05%), Potassium: 772.05mg (22.06%), Vitamin B2: 0.36mg (21.09%), Iron: 3.62mg (20.13%), Copper: 0.28mg (14%), Vitamin B5: 1.34mg (13.42%), Manganese: 0.27mg (13.3%), Fiber: 3.29g (13.16%), Magnesium: 44.89mg (11.22%), Vitamin A: 462.46IU (9.25%), Calcium: 88.64mg (8.86%), Vitamin B1: 0.11mg (7.31%), Folate: 19.63µg (4.91%), Vitamin E: 0.46mg (3.04%), Vitamin K: 2.77µg (2.64%), Vitamin D: 0.21µg (1.43%)