

## Favorite Skillet Lasagna

READY IN



30 min.

SERVINGS



5

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups extra wide egg noodles whole wheat uncooked
- 0.5 cup whole-milk ricotta cheese fat-free
- 1 tablespoon parsley dried fresh minced
- 1 small onion chopped
- 2 tablespoons parmesan cheese grated
- 0.5 cup part-skim mozzarella cheese shredded
- 0.5 pound turkey sausage italian
- 14 ounces pasta sauce
- 1 cup water

0.5 cup zucchini chopped

## Equipment

frying pan

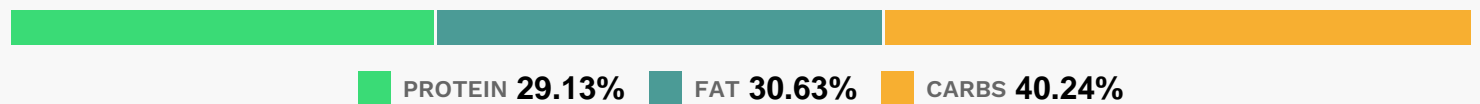
## Directions

In a large nonstick skillet, cook sausage and onion over medium heat until no longer pink; drain. Stir in the spaghetti sauce, egg noodles, water and zucchini. Bring to a boil. Reduce heat; cover and simmer for 8–10 minutes or until noodles are tender, stirring occasionally.

Combine the ricotta, Parmesan cheese and parsley. Drop by tablespoonfuls over pasta mixture.

Sprinkle with mozzarella cheese; cover and cook 3–5 minutes longer or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:26.2, Glycemic Load:6.23, Inflammation Score:-6, Nutrition Score:13.245652294677%

## Flavonoids

Apigenin: 18.02mg, Apigenin: 18.02mg, Apigenin: 18.02mg, Apigenin: 18.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

## Nutrients (% of daily need)

Calories: 214.51kcal (10.73%), Fat: 7.3g (11.23%), Saturated Fat: 3.22g (20.12%), Carbohydrates: 21.58g (7.19%), Net Carbohydrates: 19.01g (6.91%), Sugar: 6.41g (7.12%), Cholesterol: 49.65mg (16.55%), Sodium: 936.26mg (40.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.24%), Selenium: 24.99µg (35.7%), Iron: 5.6mg (31.12%), Vitamin C: 23.1mg (28%), Phosphorus: 217.03mg (21.7%), Calcium: 181.77mg (18.18%), Vitamin B6: 0.33mg (16.68%), Manganese: 0.33mg (16.35%), Vitamin B3: 2.9mg (14.49%), Zinc: 1.92mg (12.79%), Potassium: 438.82mg (12.54%), Vitamin B2: 0.21mg (12.33%), Copper: 0.21mg (10.66%), Vitamin A: 522.46IU (10.45%), Fiber: 2.57g (10.28%), Magnesium: 41.04mg (10.26%), Vitamin E: 1.28mg (8.52%), Vitamin K: 8.54µg (8.13%), Vitamin B5: 0.81mg (8.08%), Vitamin B1: 0.09mg (6.16%), Vitamin B12: 0.36µg (5.97%), Folate: 22.66µg (5.67%)