



Garden-Fresh Lasagna

READY IN



30 min.

SERVINGS



5

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 2.5 cups water hot
- 0.5 cup milk
- 1 box hawaiian rolls
- 0.5 teaspoon oregano dried
- 0.3 teaspoon garlic powder
- 0.5 cup tomatoes coarsely chopped
- 0.5 cup bell pepper coarsely chopped
- 1 cup zucchini thinly sliced

4 oz mozzarella cheese shredded

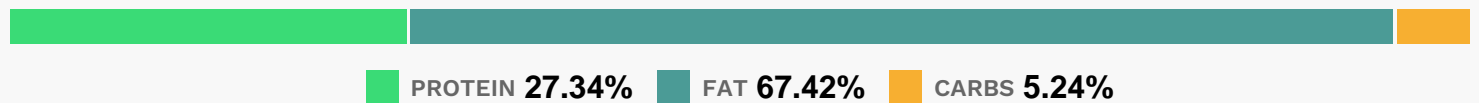
Equipment

frying pan

Directions

- In 12-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain.
- Stir in hot water, milk, uncooked pasta and sauce mix (from Hamburger Helper box), oregano and garlic powder.
- Heat to boiling, stirring occasionally.
- Reduce heat; cover and simmer 5 minutes, stirring occasionally. Stir in tomato, bell pepper, zucchini and cheese. Cover; simmer 5 minutes, stirring occasionally.
- Remove from heat; uncover (sauce will thicken as it stands). Stir before serving.

Nutrition Facts



Properties

Glycemic Index:44.4, Glycemic Load:1.05, Inflammation Score:-7, Nutrition Score:14.346521626348%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 325.46kcal (16.27%), Fat: 24.16g (37.18%), Saturated Fat: 10.44g (65.23%), Carbohydrates: 4.23g (1.41%), Net Carbohydrates: 3.39g (1.23%), Sugar: 3.07g (3.41%), Cholesterol: 85.25mg (28.42%), Sodium: 222.62mg (9.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.05g (44.09%), Vitamin B12: 2.59µg (43.18%), Zinc: 4.72mg (31.46%), Vitamin C: 25.56mg (30.98%), Phosphorus: 266.26mg (26.63%), Selenium: 18.09µg (25.84%), Vitamin B3: 4.25mg (21.24%), Vitamin B6: 0.42mg (20.83%), Calcium: 174.52mg (17.45%), Vitamin A: 836.48IU (16.73%), Vitamin B2: 0.27mg (16.05%), Potassium: 434.81mg (12.42%), Iron: 2.14mg (11.92%), Magnesium: 32.66mg (8.17%), Vitamin B5: 0.69mg (6.92%), Vitamin K: 6.45µg (6.15%), Folate: 23.71µg (5.93%), Vitamin B1: 0.09mg

(5.75%), Vitamin E: 0.81mg (5.41%), Manganese: 0.11mg (5.35%), Copper: 0.1mg (5.19%), Fiber: 0.84g (3.37%),
Vitamin D: 0.45µg (3%)