

Ground Beef & Tortellini Skillet Lasagna

READY IN



30 min.

SERVINGS



30

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz cheese tortellini dried
- 1 lb ground beef lean
- 1 cup mozzarella cheese kraft
- 0.5 cup parmesan cheese divided kraft
- 2 cups classico family favorites pasta sauce traditional
- 1 cup water

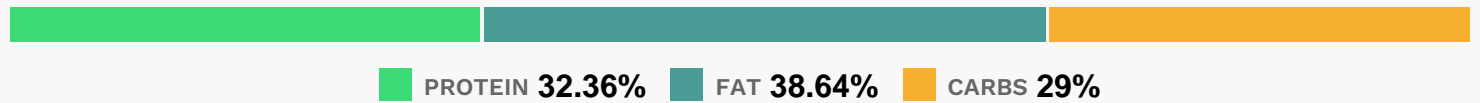
Equipment

- frying pan

Directions

- Brown meat in large deep nonstick skillet; drain.
- Layer 1/3 of the pasta sauce in same skillet; cover with half each of the meat, tortellini and Parmesan. Repeat layers. Top with remaining pasta sauce.
- Pour 1 cup water around edge of skillet; cover.
- Cook on medium heat 20 min. or until tortellini are tender. Top with mozzarella cheese. Cover; cook until mozzarella is melted.

Nutrition Facts



Properties

Glycemic Index:3.3, Glycemic Load:0.32, Inflammation Score:-1, Nutrition Score:2.8534782502962%

Nutrients (% of daily need)

Calories: 73.44kcal (3.67%), Fat: 3.15g (4.85%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 4.67g (1.7%), Sugar: 0.91g (1.01%), Cholesterol: 18.22mg (6.07%), Sodium: 205.41mg (8.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.88%), Vitamin B12: 0.44µg (7.4%), Zinc: 0.96mg (6.41%), Phosphorus: 59.13mg (5.91%), Selenium: 3.74µg (5.34%), Calcium: 53.28mg (5.33%), Vitamin B3: 1mg (5%), Vitamin B6: 0.08mg (3.91%), Iron: 0.64mg (3.58%), Potassium: 105.19mg (3.01%), Vitamin B2: 0.05mg (3%), Fiber: 0.65g (2.61%), Vitamin A: 122.43IU (2.45%), Vitamin E: 0.29mg (1.92%), Magnesium: 7.34mg (1.83%), Copper: 0.03mg (1.63%), Vitamin B5: 0.16mg (1.6%), Vitamin C: 1.14mg (1.39%), Manganese: 0.02mg (1.02%)