



Healthified Skillet Lasagna

READY IN



30 min.

SERVINGS



6

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon basil dried
- ☐ 1 lb ground beef 93% (at least)
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 4 oz pizza cheese shredded italian reduced-fat
- ☐ 1 tablespoon catsup
- ☐ 6 oz lasagne pasta sheets uncooked (mafalda)
- ☐ 0.3 cup onion chopped
- ☐ 25.5 oz pasta sauce italian organic muir glen®

☐ 1.5 cups water

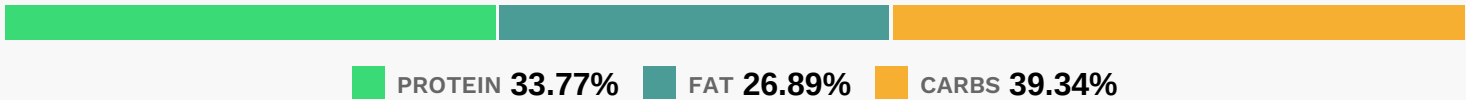
Equipment

☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, cook ground beef, onion and garlic over medium-high heat for 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
- ☐ Stir in remaining ingredients except cheese.
- ☐ Heat to boiling. Reduce heat to low; simmer uncovered 10 to 12 minutes, stirring occasionally.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:10.89, Inflammation Score:-6, Nutrition Score:16.965217590332%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 308.77kcal (15.44%), Fat: 9.34g (14.37%), Saturated Fat: 2.6g (16.25%), Carbohydrates: 30.73g (10.24%), Net Carbohydrates: 27.56g (10.02%), Sugar: 6.27g (6.96%), Cholesterol: 50.65mg (16.88%), Sodium: 685.26mg (29.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.39g (52.77%), Selenium: 32µg (45.72%), Zinc: 4.58mg (30.52%), Vitamin B3: 5.95mg (29.75%), Vitamin B12: 1.69µg (28.22%), Vitamin B6: 0.51mg (25.59%), Phosphorus: 243.49mg (24.35%), Vitamin C: 19.49mg (23.62%), Manganese: 0.46mg (22.93%), Potassium: 732.76mg (20.94%), Iron: 3.56mg (19.78%), Copper: 0.31mg (15.42%), Vitamin E: 2.08mg (13.87%), Magnesium: 54.21mg (13.55%), Vitamin B2: 0.23mg (13.54%), Fiber: 3.17g (12.67%), Vitamin A: 581.98IU (11.64%), Vitamin B5: 1.01mg (10.12%), Calcium: 78.4mg (7.84%), Vitamin K: 7.53µg (7.17%), Vitamin B1: 0.1mg (6.6%), Folate: 23.43µg (5.86%)