



Mexican Lasagna Skillet

READY IN



30 min.

SERVINGS



7

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 2 cups water hot
- 0.5 cup milk
- 1 box hawaiian rolls
- 6.3 oz beef broth 25%
- 15 oz black beans rinsed drained canned
- 1 cup corn frozen
- 0.8 cup salsa thick
- 4 oz cheddar cheese shredded

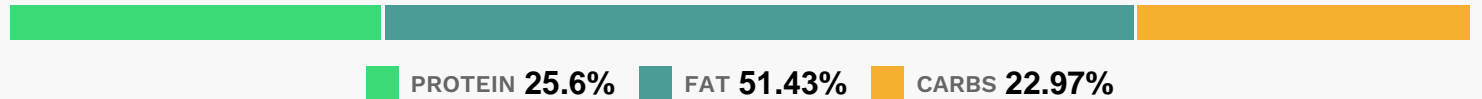
Equipment

- frying pan

Directions

- In 10-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain.
- Stir in hot water, milk, uncooked pasta and sauce mix (from Hamburger Helper box) and taco seasoning mix.
- Heat to boiling, stirring occasionally.
- Reduce heat; cover and simmer 5 minutes, stirring occasionally. Stir in beans, frozen corn and salsa; return to boiling. Reduce heat; cover and simmer 5 minutes.
- Remove from heat; uncover (sauce will thicken as it stands).
- Sprinkle with cheese.
- Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:14.29, Glycemic Load:0.35, Inflammation Score:-4, Nutrition Score:13.493478132331%

Nutrients (% of daily need)

Calories: 321.48kcal (16.07%), Fat: 18.55g (28.54%), Saturated Fat: 8.13g (50.82%), Carbohydrates: 18.65g (6.22%), Net Carbohydrates: 13.29g (4.83%), Sugar: 2.11g (2.34%), Cholesterol: 63.49mg (21.16%), Sodium: 616.06mg (26.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.78g (41.56%), Phosphorus: 286.11mg (28.61%), Vitamin B12: 1.68µg (28.01%), Zinc: 3.82mg (25.49%), Fiber: 5.36g (21.42%), Selenium: 13.75µg (19.64%), Vitamin B3: 3.87mg (19.33%), Vitamin B6: 0.35mg (17.73%), Calcium: 172.1mg (17.21%), Potassium: 593.95mg (16.97%), Vitamin B2: 0.27mg (16.14%), Iron: 2.79mg (15.49%), Folate: 54.38µg (13.59%), Magnesium: 50.85mg (12.71%), Manganese: 0.22mg (11.09%), Vitamin B1: 0.16mg (10.75%), Copper: 0.2mg (10.07%), Vitamin B5: 0.67mg (6.68%), Vitamin A: 272.08IU (5.44%), Vitamin C: 3.87mg (4.69%), Vitamin E: 0.66mg (4.37%), Vitamin K: 2.8µg (2.67%), Vitamin D: 0.34µg (2.25%)