



## Mexican Lasagna Skillet

READY IN



30 min.

SERVINGS



7

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 oz black beans rinsed drained canned
- 1 cup corn frozen
- 1 box hawaiian rolls
- 1 lb ground beef 80% lean (at least )
- 0.5 cup milk
- 0.8 cup salsa thick
- 4 oz cheddar cheese shredded
- 2 tablespoons taco seasoning 40% (from 1-oz package)
- 2 cups water hot

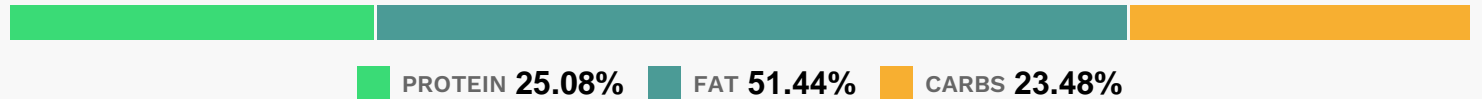
# Equipment

- 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:-5, Nutrition Score:13.540869464045%

# Nutrients (% of daily need)

Calories: 321.24kcal (16.06%), Fat: 18.55g (28.54%), Saturated Fat: 8.13g (50.82%), Carbohydrates: 19.05g (6.35%), Net Carbohydrates: 13.56g (4.93%), Sugar: 2.24g (2.49%), Cholesterol: 63.49mg (21.16%), Sodium: 627.28mg (27.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.36g (40.71%), Phosphorus: 286.11mg (28.61%), Vitamin B12: 1.68µg (28.01%), Zinc: 3.82mg (25.49%), Fiber: 5.49g (21.96%), Selenium: 13.75µg (19.64%), Vitamin B3: 3.87mg (19.33%), Vitamin B6: 0.35mg (17.73%), Calcium: 172.1mg (17.21%), Vitamin B2: 0.27mg (16.14%), Iron: 2.84mg (15.76%), Potassium: 543.32mg (15.52%), 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 A: 339.09IU (6.78%), Vitamin B5: 0.67mg (6.68%), Vitamin C: 4.19mg (5.08%), Vitamin E: 0.66mg (4.37%), Vitamin K: 2.8µg (2.67%), Vitamin D: 0.34µg (2.25%)