



Quick Skillet Lasagna

READY IN



30 min.

SERVINGS



4

CALORIES



700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounces mild ground sausage italian johnsonville®
- 3 cups mafalda noodles dried mini (lasagna)
- 0.3 cup parmesan cheese grated
- 1.5 cups mozzarella cheese shredded
- 24 ounce tomato and basil pasta sauce classico®

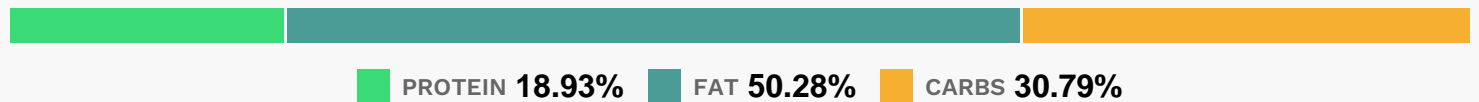
Equipment

- frying pan
- paper towels

Directions

- Cook pasta according to package directions; drain.
- Meanwhile, cook Johnsonville® Mild Italian Ground Sausage in a 10-inch nonstick skillet until meat is brown; drain. Set meat aside. Wipe skillet with paper towel.
- Spread about half of the cooked pasta in the skillet. Cover with about half of the Classico® Tomato and Basil pasta sauce. Spoon cooked meat over Classico® Tomato and Basil pasta sauce.
- Sprinkle with 1 cup of the mozzarella cheese. Top with remaining pasta and sauce.
- Sprinkle remaining mozzarella and Parmesan cheese over top.
- Cook, covered, over medium heat for 5 to 7 minutes or until heated through and cheese melts.
- Remove skillet from heat and let stand, covered, for 1 minute.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:13.76, Inflammation Score:-7, Nutrition Score:18.838260873504%

Nutrients (% of daily need)

Calories: 700.28kcal (35.01%), Fat: 38.46g (59.17%), Saturated Fat: 14.75g (92.21%), Carbohydrates: 52.99g (17.66%), Net Carbohydrates: 46.1g (16.76%), Sugar: 13.89g (15.43%), Cholesterol: 99.85mg (33.28%), Sodium: 1555.89mg (67.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.58g (65.17%), Selenium: 37.77µg (53.95%), Phosphorus: 388.17mg (38.82%), Calcium: 338.89mg (33.89%), Vitamin B12: 1.76µg (29.41%), Vitamin A: 1422.35IU (28.45%), Fiber: 6.88g (27.53%), Zinc: 3.98mg (26.51%), Potassium: 899mg (25.69%), Vitamin B3: 4.81mg (24.07%), Manganese: 0.43mg (21.74%), Vitamin B1: 0.29mg (19.24%), Vitamin B6: 0.34mg (17.24%), Vitamin B2: 0.27mg (15.95%), Iron: 2.73mg (15.16%), Magnesium: 46.34mg (11.59%), Vitamin C: 8.76mg (10.62%), Copper: 0.19mg (9.67%), Vitamin D: 1.3µg (8.7%), Vitamin B5: 0.84mg (8.44%), Folate: 12.27µg (3.07%), Vitamin E: 0.32mg (2.15%), Vitamin K: 1.46µg (1.39%)