



Skillet Bow Tie Lasagna

READY IN



40 min.

SERVINGS



4

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 cups farfalle pasta uncooked
- 14 ounces tomatoes diced undrained canned
- 0.8 cup curd cottage cheese 4%
- 1 tablespoon parsley dried
- 1 garlic clove minced
- 1 small onion chopped
- 2 teaspoons oregano dried
- 0.3 cup parmesan cheese grated
- 1 teaspoon salt

6 ounces canned tomatoes canned

1.5 cups water

Equipment

frying pan

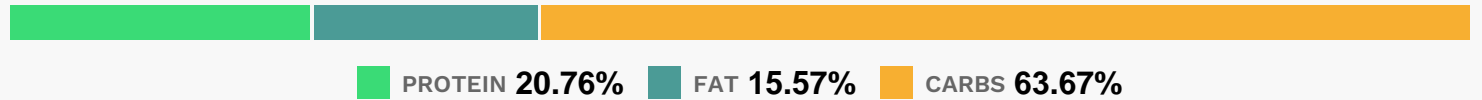
Directions

In a large skillet, cook beef, onion and garlic until meat is no longer pink; drain.

Add the tomatoes, water, tomato paste, parsley, oregano and salt. Stir in pasta; bring to a boil. Reduce heat; cover and simmer for 20–25 minutes or until pasta is tender, stirring once.

Combine cheeses; drop by rounded tablespoonfuls onto pasta mixture. Cover and cook for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:12.93, Inflammation Score:-8, Nutrition Score:13.65260867321%

Flavonoids

Apigenin: 22.53mg, Apigenin: 22.53mg, Apigenin: 22.53mg, Apigenin: 22.53mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.53mg, Isorhamnetin: 2.53mg, Isorhamnetin: 2.53mg, Isorhamnetin: 2.53mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 246.73kcal (12.34%), Fat: 4.35g (6.69%), Saturated Fat: 1.82g (11.34%), Carbohydrates: 40g (13.33%), Net Carbohydrates: 36.13g (13.14%), Sugar: 7.12g (7.91%), Cholesterol: 12.13mg (4.04%), Sodium: 1022.82mg (44.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.05g (26.09%), Selenium: 30.37µg (43.39%), Manganese: 0.64mg (31.99%), Phosphorus: 215.45mg (21.54%), Vitamin C: 15.32mg (18.57%), Vitamin K: 18.37µg (17.5%), Calcium: 171.1mg (17.11%), Fiber: 3.87g (15.49%), Copper: 0.3mg (15.13%), Vitamin B6: 0.3mg (14.78%), Iron: 2.59mg (14.4%), Potassium: 501.9mg (14.34%), Magnesium: 52.17mg (13.04%), Vitamin B2: 0.21mg (12.22%), Vitamin E: 1.54mg (10.28%), Vitamin B3: 2.03mg (10.15%), Vitamin B1: 0.13mg (8.99%), Zinc: 1.31mg (8.76%), Folate: 31.93µg (7.98%), Vitamin A: 343.83IU (6.88%), Vitamin B5: 0.68mg (6.77%), Vitamin B12: 0.25µg (4.23%)