



Skillet Lasagna

READY IN



50 min.

SERVINGS



5

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lb ground round
- ☐ 0.3 cup onion chopped
- ☐ 0.5 teaspoon garlic finely chopped
- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 teaspoons seasoning italian
- ☐ 1 cup part-skim ricotta
- ☐ 4 large lasagne pasta sheets
- ☐ 14.5 oz tomatoes diced with basil, garlic and oregano, undrained canned
- ☐ 1 cup roasted peppers red chopped (from a jar)

- ☐ 5 teaspoons basil pesto refrigerated (from 7-oz container)
- ☐ 2 oz mozzarella cheese shredded

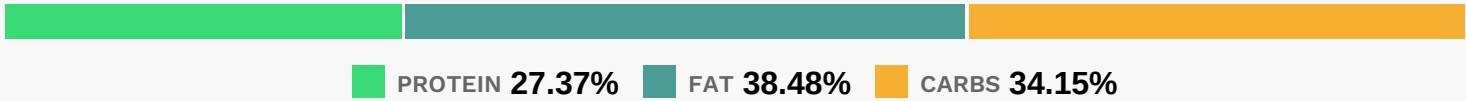
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ In 12-inch nonstick skillet, cook beef, onion and garlic over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
- ☐ Add vinegar and 1 teaspoon of the Italian seasoning. Spoon ricotta cheese evenly over beef. Top with noodles, making 1 flat layer (noodles will overlap).
- ☐ In small bowl, mix tomatoes and roasted peppers; spread over noodles, making sure noodles are completely covered.
- ☐ Sprinkle with remaining 1 teaspoon Italian seasoning. Dollop pesto evenly over top.
- ☐ Heat to boiling; reduce heat to low. Cover; simmer 30 minutes or until noodles are soft. Uncover; sprinkle with cheese blend.
- ☐ Let stand 5 minutes.
- ☐ Cut into wedges.
- ☐ Serve from skillet with slotted spatula.

Nutrition Facts



Properties

Glycemic Index:36.2, Glycemic Load:7.54, Inflammation Score:-6, Nutrition Score:15.530869626481%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg,

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 315.17kcal (15.76%), Fat: 13.42g (20.64%), Saturated Fat: 6.2g (38.76%), Carbohydrates: 26.79g (8.93%), Net Carbohydrates: 24.35g (8.86%), Sugar: 4.32g (4.8%), Cholesterol: 54.22mg (18.07%), Sodium: 714.06mg (31.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.47g (42.94%), Selenium: 32.18µg (45.97%), Phosphorus: 283.11mg (28.31%), Calcium: 264.23mg (26.42%), Vitamin C: 21.37mg (25.9%), Zinc: 3.69mg (24.62%), Vitamin B12: 1.4µg (23.41%), Manganese: 0.39mg (19.5%), Vitamin B6: 0.38mg (18.8%), Vitamin B3: 3.52mg (17.6%), Iron: 2.99mg (16.6%), Vitamin B2: 0.27mg (15.79%), Potassium: 491.75mg (14.05%), Vitamin A: 623.51IU (12.47%), Magnesium: 46.58mg (11.64%), Copper: 0.22mg (10.97%), Fiber: 2.44g (9.75%), Vitamin K: 8.39µg (7.99%), Folate: 28.48µg (7.12%), Vitamin B1: 0.1mg (6.85%), Vitamin B5: 0.63mg (6.29%), Vitamin E: 0.93mg (6.22%)