



Skillet Lasagna

READY IN



30 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.3 teaspoon seasoning italian
- ☐ 1 pound ground beef lean
- ☐ 14 ounces tomatoes (any variety)
- ☐ 4.5 ounces mushrooms drained sliced
- ☐ 0.3 cup onion chopped
- ☐ 3 ounces soup noodles uncooked (mini-lasagna noodle)
- ☐ 0.3 cup mozzarella cheese shredded
- ☐ 1.3 cups water

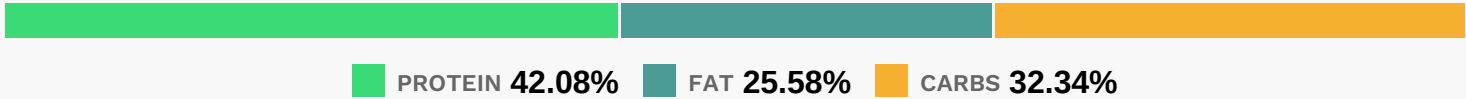
Equipment

☐ dutch oven

Directions

- ☐ Cook beef, onion and bell pepper in Dutch oven over medium-high heat about 6 minutes, stirring occasionally, until beef is brown; drain.
- ☐ Stir in remaining ingredients except cheese.
- ☐ Heat to boiling, stirring occasionally; reduce heat to low. Simmer uncovered 10 to 12 minutes or until pasta is tender.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:8.63, Inflammation Score:-6, Nutrition Score:21.6799999937182%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 301.12kcal (15.06%), Fat: 8.53g (13.12%), Saturated Fat: 3.91g (24.45%), Carbohydrates: 24.27g (8.09%), Net Carbohydrates: 21.25g (7.73%), Sugar: 5.7g (6.34%), Cholesterol: 77.68mg (25.89%), Sodium: 611.24mg (26.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.58g (63.16%), Selenium: 38.37µg (54.82%), Vitamin B12: 2.77µg (46.09%), Zinc: 6.78mg (45.2%), Vitamin B3: 8.84mg (44.21%), Phosphorus: 358.78mg (35.88%), Vitamin B6: 0.66mg (33.18%), Vitamin C: 23.33mg (28.28%), Potassium: 891.75mg (25.48%), Vitamin B2: 0.42mg (24.88%), Iron: 4.26mg (23.66%), Copper: 0.39mg (19.71%), Manganese: 0.37mg (18.61%), Vitamin B5: 1.65mg (16.49%), Magnesium: 59.78mg (14.94%), Vitamin E: 1.88mg (12.56%), Fiber: 3.03g (12.11%), Vitamin A: 563.97IU (11.28%), Vitamin B1: 0.13mg (8.9%), Calcium: 85.03mg (8.5%), Folate: 28.56µg (7.14%), Vitamin K: 5.55µg (5.29%), Vitamin D: 0.21µg (1.43%)