



Skillet Lasagna

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 14.5 ounce canned tomatoes diced with onions, undrained canned
- ☐ 0.5 pound ground round
- ☐ 2 teaspoons seasoning dried italian divided
- ☐ 4 large lasagne pasta sheets uncooked
- ☐ 2 ounces parmesan
- ☐ 1 cup part-skim ricotta
- ☐ 5 teaspoons basil pesto
- ☐ 1 cup roasted peppers red chopped

☐ 0.8 cup water

Equipment

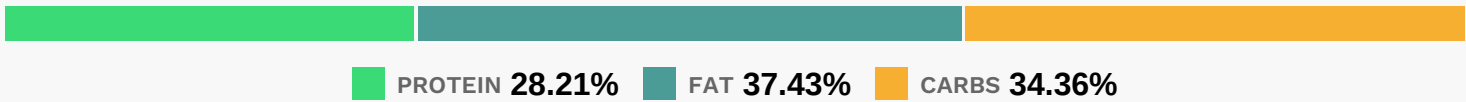
☐ frying pan

☐ spatula

Directions

- ☐ Cook beef in a large nonstick skillet over medium-high heat until browned, stirring to crumble.
- ☐ Add vinegar and 1 teaspoon Italian seasoning. Dollop ricotta cheese, by rounded tablespoons, over meat. Top with broken noodles, making one flat layer (noodles will overlap a little bit).
- ☐ Pour tomatoes and peppers over noodles, making sure that noodles are completely covered.
- ☐ Add water, and sprinkle with remaining 1 teaspoon Italian seasoning. Dollop pesto by half teaspoons over top. Bring mixture to a boil. Cover, reduce heat, and simmer 30 minutes or until noodles are fully cooked. Uncover and sprinkle with cheese. Cover and let stand 2 minutes or until cheese melts.
- ☐ Cut into wedges.
- ☐ Remove from pan with a slotted spatula.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:11.33, Inflammation Score:-7, Nutrition Score:21.70869544278%

Nutrients (% of daily need)

Calories: 417.86kcal (20.89%), Fat: 17.41g (26.78%), Saturated Fat: 8.23g (51.45%), Carbohydrates: 35.96g (11.99%), Net Carbohydrates: 32.17g (11.7%), Sugar: 7.01g (7.79%), Cholesterol: 66.21mg (22.07%), Sodium: 1021.23mg (44.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.51g (59.03%), Selenium: 41.42µg (59.17%), Calcium: 427.97mg (42.8%), Phosphorus: 411.96mg (41.2%), Zinc: 4.71mg (31.4%), Vitamin C: 25.75mg (31.22%), Manganese: 0.58mg (28.8%), Vitamin B12: 1.6µg (26.72%), Vitamin B6: 0.5mg (25.06%), Vitamin B3: 4.93mg (24.67%), Iron: 4.1mg (22.78%), Potassium: 708.75mg (20.25%), Copper: 0.4mg (19.82%), Vitamin B2: 0.34mg (19.78%), Vitamin A: 894.74IU (17.89%), Magnesium: 70.22mg (17.56%), Fiber: 3.79g (15.17%), Vitamin K: 12.82µg (12.21%), Vitamin E: 1.75mg (11.69%), Vitamin B1: 0.16mg (10.34%), Vitamin B5: 0.98mg (9.8%), Folate: 38.82µg (9.71%), Vitamin D: 0.19µg

(1.26%)