

VELVEETA Lasagna Skillet

READY IN



20 min.

SERVINGS



5

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 13.1 oz velveeta cheesy skillet dinner kit lasagna
- 1 lb ground beef lean
- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- 2.3 cups water

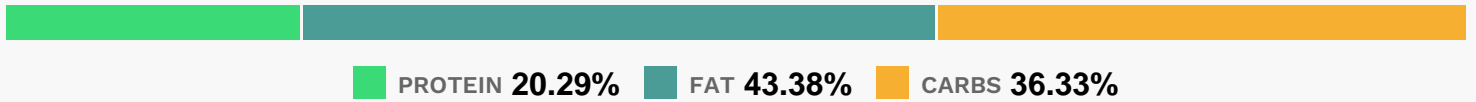
Equipment

- frying pan

Directions

- Brown meat in large skillet; drain.
- Add water, Seasoning
- Mix and Pasta; stir.
- Bring to boil; cover. Simmer on medium–low heat 8 to 10 min. or until pasta is tender and most of the water is absorbed.
- Remove from heat.
- Stir in VELVEETA Cheese Sauce; top with mozzarella.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:21.26, Inflammation Score:-2, Nutrition Score:13.935217559338%

Nutrients (% of daily need)

Calories: 537.48kcal (26.87%), Fat: 25.63g (39.43%), Saturated Fat: 16.54g (103.4%), Carbohydrates: 48.29g (16.1%), Net Carbohydrates: 47.55g (17.29%), Sugar: 36.3g (40.33%), Cholesterol: 71.58mg (23.86%), Sodium: 174.63mg (7.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.4mg (3.47%), Protein: 26.98g (53.95%), Vitamin B12: 2.54µg (42.33%), Zinc: 5mg (33.36%), Phosphorus: 331.75mg (33.18%), Selenium: 21.11µg (30.16%), Vitamin B3: 5.37mg (26.84%), Vitamin B2: 0.34mg (19.76%), Calcium: 191.79mg (19.18%), Vitamin B6: 0.38mg (18.92%), Iron: 2.93mg (16.26%), Potassium: 494.87mg (14.14%), Magnesium: 51.08mg (12.77%), Copper: 0.25mg (12.65%), Vitamin B5: 1.07mg (10.67%), Vitamin B1: 0.13mg (8.41%), Manganese: 0.08mg (4.22%), Vitamin K: 4.31µg (4.11%), Folate: 15.94µg (3.99%), Vitamin E: 0.52mg (3.48%), Fiber: 0.74g (2.97%), Vitamin A: 114.04IU (2.28%)