



Weeknight Lasagne Toss

READY IN



45 min.

SERVINGS



4

CALORIES



637 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup cheese italiano cheese shredded kraft
- 3 cloves garlic minced
- 2 pasilla peppers green chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 12 oven-ready lasagna noodles
- 0.8 pound ground beef lean
- 700 ml pasta sauce
- 1.7 cups water

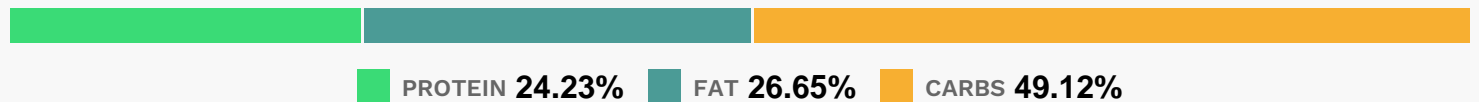
Equipment

- sauce pan

Directions

- Brown meat in large saucepan; drain.
- Add peppers, garlic, pasta sauce, water and dressing; bring to boil. Stir in noodles; cover.
- Cook on medium-low heat 10 to 15 minutes or until noodles are tender, stirring occasionally.
- Remove from heat.
- Sprinkle with cheese; cover.
- Let stand 5 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:28.89, Inflammation Score:-8, Nutrition Score:32.882174004679%

Flavonoids

Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 637.41kcal (31.87%), Fat: 18.88g (29.05%), Saturated Fat: 8.11g (50.71%), Carbohydrates: 78.32g (26.11%), Net Carbohydrates: 71.85g (26.13%), Sugar: 11.82g (13.14%), Cholesterol: 80.98mg (26.99%), Sodium: 1257.86mg (54.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.63g (77.27%), Selenium: 77.58µg (110.83%), Vitamin C: 61.28mg (74.28%), Manganese: 1.09mg (54.51%), Phosphorus: 523.02mg (52.3%), Zinc: 7.07mg (47.15%), Vitamin B3: 8.23mg (41.16%), Vitamin B6: 0.82mg (41.02%), Vitamin B12: 2.2µg (36.74%), Potassium: 1167.06mg (33.34%), Copper: 0.59mg (29.53%), Iron: 5.18mg (28.78%), Magnesium: 106.27mg (26.57%), Calcium: 265.28mg (26.53%), Vitamin B2: 0.45mg (26.4%), Vitamin A: 1293.4IU (25.87%), Fiber: 6.47g (25.86%), Vitamin E: 3.7mg (24.64%), Vitamin K: 18.76µg (17.86%), Vitamin B5: 1.66mg (16.57%), Vitamin B1: 0.2mg (13.57%), Folate: 47.63µg (11.91%), Vitamin D: 0.25µg (1.7%)