

# Amish Casserole

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



654 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 10 slices processed cheese food
- 0.1 teaspoon pepper black
- 0.3 cup brown sugar
- 10.8 ounce cream of chicken soup canned
- 10.8 ounce condensed tomato soup canned
- 1 pound ground beef
- 0.3 teaspoon salt
- 12 ounce wide egg noodles

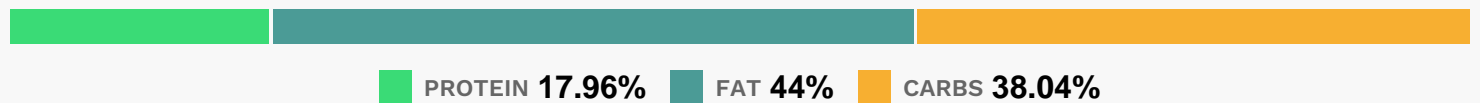
## Equipment

- frying pan
- oven
- pot
- casserole dish

## Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Bring a large pot of lightly salted water to a boil.
- Add egg noodles and cook until tender, about 7 minutes.
- Drain and return to the pan.
- Mix in the cream of chicken soup until noodles are coated.
- Crumble the ground beef into a large skillet over medium-high heat.
- Drain the grease, and stir in the tomato soup, brown sugar, pepper and salt.
- Spread half of the beef in the bottom of a greased 2 1/2 quart casserole dish. Arrange 5 slices of cheese over the beef. Top with half of the noodles, then repeat layers ending with cheese on top.
- Bake for 35 minutes in the preheated oven, until cheese is browned and sauce is bubbly.

## Nutrition Facts



## Properties

Glycemic Index:30.42, Glycemic Load:21.49, Inflammation Score:-6, Nutrition Score:21.996956472811%

## Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 653.77kcal (32.69%), Fat: 31.92g (49.11%), Saturated Fat: 13.71g (85.69%), Carbohydrates: 62.09g (20.7%), Net Carbohydrates: 59.65g (21.69%), Sugar: 15.2g (16.89%), Cholesterol: 140.37mg (46.79%), Sodium: 1294.93mg

(56.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.32g (58.64%), Selenium: 65.69µg (93.84%), Phosphorus: 512.36mg (51.24%), Calcium: 420.77mg (42.08%), Vitamin B12: 2.31µg (38.45%), Zinc: 5.36mg (35.75%), Manganese: 0.62mg (31.14%), Vitamin B3: 5.06mg (25.29%), Vitamin B6: 0.43mg (21.66%), Iron: 3.67mg (20.4%), Potassium: 711.77mg (20.34%), Copper: 0.33mg (16.3%), Vitamin B2: 0.28mg (16.23%), Magnesium: 64.88mg (16.22%), Vitamin A: 657.68IU (13.15%), Vitamin B5: 1.15mg (11.48%), Vitamin B1: 0.16mg (10.81%), Fiber: 2.44g (9.76%), Vitamin E: 1.25mg (8.31%), Vitamin C: 6.6mg (8%), Folate: 25.65µg (6.41%), Vitamin K: 6.33µg (6.03%), Vitamin D: 0.46µg (3.04%)