



Bacon Cheeseburger Bake

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.9 oz cheddar & bacon potatoes hungry jack®
- ☐ 2 tablespoons butter
- ☐ 1 pound ground beef lean
- ☐ 0.7 cup milk
- ☐ 0.5 cup onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 0.8 cup cheddar cheese shredded
- ☐ 1 medium tomatoes sliced

- ☐ 3 tablespoon dickinson's® tomato ketchup
- ☐ 2 cups water boiling

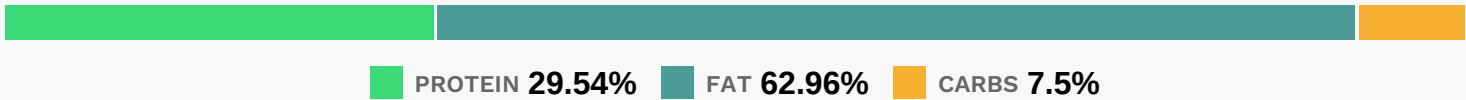
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ HEAT oven to 400F. In ungreased 8x8-inch glass baking dish, combine potato slices, cheese sauce packet, butter and boiling water.
- ☐ Mix well. Stir in milk.
- ☐ Bake 20 minutes.
- ☐ COOK ground beef and onion in large skillet over medium-high heat, stirring frequently, until beef is browned and onion is tender.
- ☐ Drain. Stir in ketchup and pepper.
- ☐ REMOVE baking dish from oven. Stir potatoes gently. Spoon meat mixture over potatoes. Top with tomato slices.
- ☐ Sprinkle with cheese.
- ☐ BAKE an additional 15 minutes or until potatoes are tender and cheese is melted.
- ☐ Let stand 5 minutes before serving to thicken sauce.

Nutrition Facts



Properties

Glycemic Index:35.33, Glycemic Load:1.07, Inflammation Score:-5, Nutrition Score:12.913043664849%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 324.17kcal (16.21%), Fat: 22.49g (34.6%), Saturated Fat: 10.41g (65.04%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 5.53g (2.01%), Sugar: 4.06g (4.51%), Cholesterol: 89.56mg (29.85%), Sodium: 409.38mg (17.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.74g (47.47%), Vitamin B12: 2.11µg (35.22%), Zinc: 4.83mg (32.22%), Selenium: 22.49µg (32.13%), Phosphorus: 287.02mg (28.7%), Vitamin B3: 5.37mg (26.84%), Vitamin B6: 0.43mg (21.44%), Vitamin B2: 0.26mg (15.4%), Calcium: 151.08mg (15.11%), Potassium: 449.76mg (12.85%), Iron: 2.03mg (11.29%), Vitamin A: 520.37IU (10.41%), Vitamin B1: 0.13mg (8.6%), Vitamin B5: 0.82mg (8.17%), Magnesium: 31.99mg (8%), Copper: 0.11mg (5.49%), Vitamin E: 0.76mg (5.08%), Vitamin C: 4.1mg (4.97%), Vitamin D: 0.55µg (3.67%), Manganese: 0.07mg (3.3%), Folate: 13.18µg (3.29%), Vitamin K: 2.94µg (2.8%), Fiber: 0.51g (2.02%)