



Barbecue Beef and Potato Bake

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



378 kcal

SIDE DISH

Ingredients

- 9.4 oz roasted garlic mashed
- 4 cups water
- 1.5 cups milk
- 6 tablespoons butter
- 1 container barbecue sauce shredded refrigerated with beef (18)
- 6 ounces cheddar cheese shredded
- 1 cup fried onions (from 2.8-ounce can)

Equipment

- oven
- baking pan
- aluminum foil

Directions

- Heat oven to 350°F. Spray rectangular baking dish, 11x7x1 1/2 inches, with cooking spray.
- Make potatoes as directed on pouch, using water, milk and butter.
- Spread half of the potatoes over bottom of baking dish.
- Layer with beef, 1 cup of the cheese and remaining potatoes.
- Cover with aluminum foil and bake about 30 minutes or until hot.
- Sprinkle with remaining 1/2 cup cheese.
- Sprinkle onions around edges of baking dish.
- Bake uncovered 3 to 4 minutes longer or until cheese is melted and onions are brown.

Nutrition Facts

PROTEIN 12.04% **FAT 64.72%** **CARBS 23.24%**

Properties

Glycemic Index:15.83, Glycemic Load:5.4, Inflammation Score:-7, Nutrition Score:12.547826119091%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 377.72kcal (18.89%), Fat: 27.62g (42.49%), Saturated Fat: 10.9g (68.1%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 21.39g (7.78%), Sugar: 3.53g (3.92%), Cholesterol: 35.67mg (11.89%), Sodium: 435.51mg (18.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.56g (23.12%), Manganese: 0.75mg (37.4%), Calcium: 364.84mg (36.48%), Vitamin B6: 0.61mg (30.44%), Phosphorus: 262.66mg (26.27%), Selenium: 15.49µg (22.13%), Vitamin A: 888.03IU (17.76%), Vitamin C: 13.89mg (16.83%), Vitamin B2: 0.26mg (15.49%), Zinc: 1.82mg (12.15%), Vitamin B12: 0.64µg (10.73%), Vitamin B1: 0.13mg (8.84%), Potassium: 297.7mg (8.51%), Copper: 0.17mg (8.41%), Magnesium: 28.1mg (7.02%), Vitamin B5: 0.62mg (6.21%), Vitamin D: 0.84µg (5.61%), Vitamin E: 0.71mg (4.76%), Iron: 0.8mg (4.45%), Fiber: 0.93g (3.74%), Vitamin B3: 0.39mg (1.97%), Folate: 7.43µg (1.86%), Vitamin K: 1.62µg

(1.54%)