



Beef and Broccoli Wellington

READY IN



45 min.

SERVINGS



6

CALORIES



900 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 oz broccoli frozen thawed chopped
- 1.5 pounds ground beef
- 6.5 oz mushroom stems and pieces drained canned
- 1 onion chopped
- 16 oz crescent rolls refrigerated
- 16 oz mozzarella cheese shredded
- 8 oz cup heavy whipping cream sour

Equipment

frying pan

oven

Directions

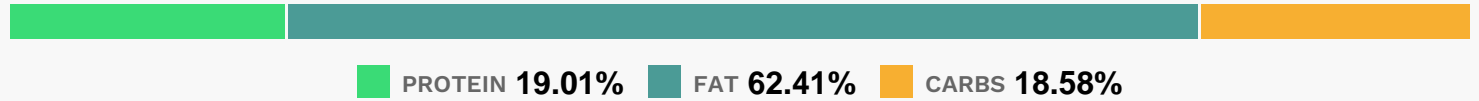
Brown ground beef with onion and mushrooms in a skillet over medium heat; drain. Stir in broccoli and cheese. When cheese is melted, stir in sour cream.

Line a lightly greased 13"x9" pan with one tube crescent rolls. Spoon ground beef mixture over rolls; arrange remaining of tube rolls on top.

Bake, uncovered, at 350 for 15 minutes or until golden.

Cut into squares to serve.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:2.27, Inflammation Score:-8, Nutrition Score:33.631304481755%

Flavonoids

Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 7.53mg, Kaempferol: 7.53mg, Kaempferol: 7.53mg, Kaempferol: 7.53mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg

Nutrients (% of daily need)

Calories: 900.49kcal (45.02%), Fat: 63.64g (97.9%), Saturated Fat: 29.4g (183.73%), Carbohydrates: 42.63g (14.21%), Net Carbohydrates: 39.56g (14.38%), Sugar: 12.62g (14.02%), Cholesterol: 162.54mg (54.18%), Sodium: 1188.6mg (51.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.61g (87.23%), Vitamin C: 86.63mg (105.01%), Vitamin K: 100.81µg (96.01%), Vitamin B12: 4.24µg (70.7%), Phosphorus: 569.61mg (56.96%), Selenium: 36.57µg (52.24%), Zinc: 7.65mg (51%), Calcium: 489.91mg (48.99%), Vitamin B2: 0.68mg (40.25%), Vitamin B3: 6.64mg (33.2%), Vitamin B6: 0.63mg (31.45%), Vitamin A: 1335.63IU (26.71%), Iron: 4.39mg (24.41%), Potassium: 833.92mg (23.83%), Folate: 83.74µg (20.93%), Vitamin B5: 1.83mg (18.27%), Magnesium: 62.62mg (15.65%), Manganese: 0.27mg (13.74%), Fiber: 3.08g (12.3%), Vitamin B1: 0.18mg (11.96%), Copper: 0.24mg (11.77%), Vitamin E: 1.5mg (9.97%), Vitamin D: 0.48µg (3.18%)