



Beef and Broccoli Wellington

READY IN



45 min.

SERVINGS



6

CALORIES



1172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 oz broccoli frozen thawed chopped
- 1.5 pounds ground beef
- 6.5 oz mushrooms drained canned
- 6.5 oz mushrooms drained canned
- 1 onion chopped
- 16 oz regular crescent rolls refrigerated
- 16 oz regular crescent rolls refrigerated
- 16 oz mozzarella cheese shredded
- 8 oz cream sour

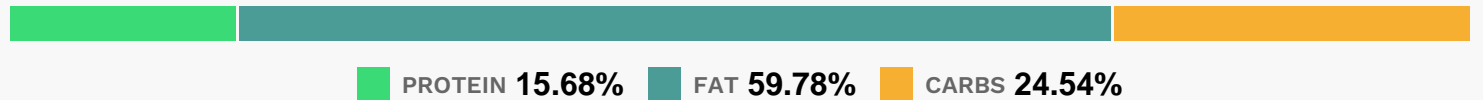
Equipment

- 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:25, Glycemic Load:2.49, Inflammation Score:-8, Nutrition Score:35.672608779824%

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: 1171.84kcal (58.59%), Fat: 79.99g (123.07%), Saturated Fat: 36.22g (226.35%), Carbohydrates: 73.87g (24.62%), Net Carbohydrates: 70.49g (25.63%), Sugar: 20.79g (23.1%), Cholesterol: 162.54mg (54.18%), Sodium: 1783.59mg (77.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.21g (94.42%), Vitamin C: 87.28mg (105.79%), Vitamin K: 100.81µg (96.01%), Vitamin B12: 4.25µg (70.91%), Phosphorus: 596.03mg (59.6%), Selenium: 39.43µg (56.32%), Zinc: 7.81mg (52.07%), Calcium: 490.84mg (49.08%), Vitamin B2: 0.81mg (47.51%), Vitamin B3: 7.75mg (38.75%), Vitamin B6: 0.66mg (33.05%), Iron: 5.5mg (30.55%), Vitamin A: 1335.63IU (26.71%), Potassium: 931.59mg (26.62%), Vitamin B5: 2.29mg (22.86%), Folate: 88.96µg (22.24%), Copper: 0.33mg (16.65%), Magnesium: 65.38mg (16.35%), Manganese: 0.29mg (14.46%), Vitamin B1: 0.2mg (13.62%), Fiber: 3.38g (13.53%), Vitamin E: 1.5mg (9.99%), Vitamin D: 0.54µg (3.59%)