



Beef and Potato Dumpling Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



423 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb ground beef 80% lean (at least)
- 1 cup onion chopped (1 large)
- 8 oz mushrooms fresh sliced (3 cups)
- 1 teaspoon salt
- 0.8 cup water
- 2 tablespoons butter
- 1 cup potatoes mashed
- 0.8 cup cream sour

- 2 teaspoons chives fresh chopped
- 1 eggs
- 18.8 oz cream of mushroom soup canned
- 12 oz broccoli frozen
- 0.3 cup catsup
- 0.7 cup frangelico
- 3 tablespoons frangelico

Equipment

- frying pan
- sauce pan
- oven

Directions

- Heat oven to 400°F. In 12-inch skillet, cook beef, onion, mushrooms and salt over medium heat, stirring occasionally, until beef is brown.
- While beef is cooking, in 2-quart saucepan, heat water and butter to boiling; remove from heat. Stir in dry potatoes and sour cream.
- Let stand 1 minute, then stir vigorously until smooth. Stir in 2/3 cup Bisquick mix, the chives and egg.
- Drain beef mixture. Stir 3 tablespoons Bisquick mix into soup. Stir soup mixture, broccoli and ketchup into beef mixture.
- Heat to boiling. Boil uncovered 1 minute.
- Pour into ungreased 3-quart casserole. Scoop potato dumpling mixture around edge of casserole.
- Bake uncovered 25 to 30 minutes or until dumplings are light golden brown.

Nutrition Facts



PROTEIN 21.07% FAT 58.05% CARBS 20.88%

Properties

Glycemic Index:36.63, Glycemic Load:6.04, Inflammation Score:-7, Nutrition Score:23.664782617403%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.36mg, Isorhamnetin: 1.36mg, Isorhamnetin: 1.36mg, Isorhamnetin: 1.36mg Kaempferol: 4.93mg, Kaempferol: 4.93mg, Kaempferol: 4.93mg, Kaempferol: 4.93mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 422.58kcal (21.13%), Fat: 27.69g (42.6%), Saturated Fat: 10.89g (68.03%), Carbohydrates: 22.4g (7.47%), Net Carbohydrates: 19.11g (6.95%), Sugar: 6.26g (6.96%), Cholesterol: 102.36mg (34.12%), Sodium: 1247.31mg (54.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.62g (45.23%), Vitamin C: 61.11mg (74.07%), Vitamin K: 61.43µg (58.5%), Zinc: 4.93mg (32.84%), Vitamin B12: 1.91µg (31.76%), Vitamin B3: 6.3mg (31.5%), Vitamin B6: 0.59mg (29.72%), Vitamin B2: 0.5mg (29.55%), Selenium: 19.9µg (28.43%), Phosphorus: 283.06mg (28.31%), Manganese: 0.52mg (25.81%), Potassium: 878.88mg (25.11%), Copper: 0.44mg (22.22%), Vitamin B5: 1.79mg (17.94%), Iron: 3.21mg (17.85%), Folate: 70.79µg (17.7%), Vitamin A: 805.92IU (16.12%), Fiber: 3.29g (13.17%), Magnesium: 50.74mg (12.68%), Vitamin B1: 0.17mg (11.46%), Calcium: 92.75mg (9.28%), Vitamin E: 1.24mg (8.28%), Vitamin D: 0.3µg (1.99%)