



Beef Bake with Garlic-Potato Dumplings



Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.3 cup onion chopped
- ☐ 1.5 cups savory vegetable mixed frozen
- ☐ 10.8 oz cream of chicken soup fat-free 98% 30% with less sodium canned
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup milk
- ☐ 4.7 oz roasted garlic mashed
- ☐ 2 cups milk

☐ 1 cup frangelico

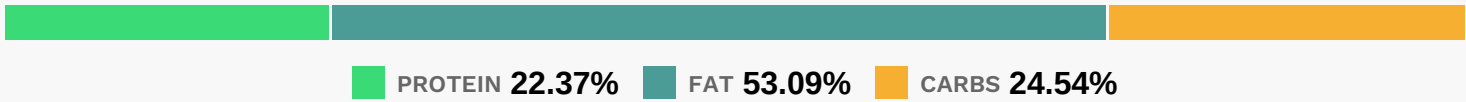
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ microwave
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray.
- ☐ In 12-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked; drain. Stir in mixed vegetables, soup, pepper and 1/2 cup milk.
- ☐ Heat to boiling.
- ☐ Pour into baking dish.
- ☐ In medium bowl, stir Bisquick mix and dry mashed potatoes. In small microwavable bowl, microwave 2 cups milk on High 2 minutes. Stir hot milk into Bisquick mixture with fork until soft dough forms; let stand 2 minutes. Drop dough by 15 spoonfuls onto hot beef mixture.
- ☐ Bake 25 to 30 minutes or until dumplings are cooked and lightly browned.

Nutrition Facts



Properties

Glycemic Index:42.17, Glycemic Load:7.52, Inflammation Score:-9, Nutrition Score:18.076521894206%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 363.82kcal (18.19%), Fat: 21.66g (33.32%), Saturated Fat: 8.62g (53.89%), Carbohydrates: 22.54g (7.51%), Net Carbohydrates: 20.11g (7.31%), Sugar: 5.67g (6.3%), Cholesterol: 69.94mg (23.31%), Sodium: 471.29mg (20.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.53g (41.07%), Vitamin A: 2570.22IU (51.4%), Vitamin B12: 2.17µg (36.11%), Vitamin B6: 0.63mg (31.67%), Phosphorus: 300.76mg (30.08%), Zinc: 4.2mg (27.99%), Manganese: 0.55mg (27.39%), Selenium: 17.61µg (25.16%), Vitamin B3: 4.24mg (21.18%), Vitamin B2: 0.34mg (20.04%), Calcium: 199.24mg (19.92%), Potassium: 577.86mg (16.51%), Iron: 2.84mg (15.76%), Vitamin C: 12.2mg (14.79%), Vitamin B1: 0.2mg (13.27%), Copper: 0.22mg (11.23%), Magnesium: 44.36mg (11.09%), Vitamin B5: 1.07mg (10.72%), Fiber: 2.42g (9.68%), Vitamin D: 1.19µg (7.96%), Folate: 21.45µg (5.36%), Vitamin E: 0.65mg (4.37%), Vitamin K: 4.29µg (4.08%)