



## Beef Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



785 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.5 cup chili sauce
- 6 servings toppings: cream sour
- 16 ounce crescent rolls divided canned
- 0.5 teaspoon garlic salt
- 1.5 pounds ground beef
- 0.5 small onion minced
- 0.5 teaspoon pepper
- 8 ounces cheddar cheese shredded
- 2 tablespoons taco seasoning

- 0.5 cup water
- 1 tablespoon worcestershire sauce

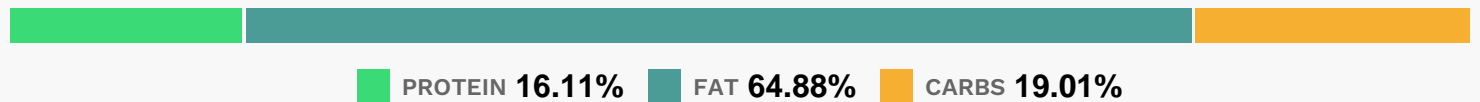
## Equipment

- frying pan
- oven

## Directions

- Unroll 1 can crescent rolls, and press into a lightly greased 13- x 9-inch pan.
- Bake at 375 for 10 minutes or until lightly browned.
- Cook ground beef and onion in a large skillet, stirring until beef crumbles and is no longer pink.
- Drain. Stir in cheese and next 6 ingredients; spoon over crust.
- Unroll remaining can of crescent rolls, and shape into a rectangle, pressing perforations to seal; cut into 1/2-inch strips. Arrange strips in a lattice design over beef mixture.
- Bake at 375 for 25 minutes or until golden.
- Let stand 10 minutes.
- Serve with sour cream and salsa, if desired.

## Nutrition Facts



## Properties

Glycemic Index:14.33, Glycemic Load:0.39, Inflammation Score:-5, Nutrition Score:16.596086999644%

## Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

## Nutrients (% of daily need)

Calories: 785.28kcal (39.26%), Fat: 57.28g (88.12%), Saturated Fat: 26.23g (163.92%), Carbohydrates: 37.76g (12.59%), Net Carbohydrates: 36.91g (13.42%), Sugar: 11.84g (13.15%), Cholesterol: 135.26mg (45.09%), Sodium: 1524.64mg (66.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32g (64%), Vitamin B12: 2.85µg (47.52%),

Zinc: 6.22mg (41.46%), Selenium: 28.46µg (40.66%), Phosphorus: 376.48mg (37.65%), Calcium: 307.93mg (30.79%), Vitamin B3: 5.22mg (26.08%), Vitamin B2: 0.38mg (22.6%), Vitamin B6: 0.44mg (22.07%), Iron: 3.65mg (20.26%), Vitamin A: 835.39IU (16.71%), Potassium: 467.14mg (13.35%), Vitamin E: 1.33mg (8.86%), Magnesium: 34.7mg (8.68%), Vitamin B5: 0.77mg (7.73%), Copper: 0.13mg (6.32%), Vitamin C: 4.91mg (5.95%), Vitamin B1: 0.09mg (5.87%), Folate: 19.89µg (4.97%), Vitamin K: 4.94µg (4.7%), Vitamin D: 0.58µg (3.87%), Fiber: 0.84g (3.38%), Manganese: 0.04mg (2.23%)