



Beef Potato House Pie Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



649 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 bell pepper green chopped
- ☐ 2 pounds ground beef
- ☐ 0.5 cup milk
- ☐ 1 onion chopped
- ☐ 6 large potatoes peeled chopped
- ☐ 8 ounce processed american cheese sliced
- ☐ 8 servings salt and pepper to taste

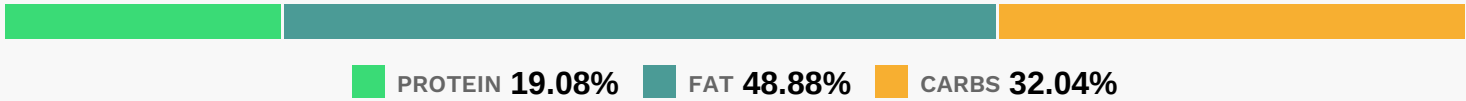
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Bring a large pot of salted water to a boil.
- ☐ Add potatoes and cook until tender but still firm, about 15 minutes.
- ☐ Drain, then mash with milk and butter until smooth.
- ☐ In a large, deep skillet over medium high heat, combine ground beef, onion and green pepper. Cook until beef is evenly brown.
- ☐ Drain excess fat. Season with salt and pepper.
- ☐ In a deep casserole dish, spoon a layer of beef mixture.
- ☐ Spread a layer of mashed potato over the beef. Continue alternating layers until the dish is full. Top with cheese.
- ☐ Bake in preheated oven for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:29.47, Glycemic Load:36.27, Inflammation Score:-7, Nutrition Score:28.85913024778%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg

Nutrients (% of daily need)

Calories: 649.03kcal (32.45%), Fat: 35.31g (54.32%), Saturated Fat: 15.99g (99.93%), Carbohydrates: 52.09g (17.36%), Net Carbohydrates: 45.51g (16.55%), Sugar: 4.47g (4.97%), Cholesterol: 118.22mg (39.41%), Sodium: 789.39mg (34.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.01g (62.02%), Vitamin C: 67.5mg (81.81%), Vitamin B6: 1.26mg (62.86%), Phosphorus: 541.84mg (54.18%), Vitamin B12: 2.94µg (49%), Potassium: 1578.58mg (45.1%), Zinc: 6.36mg (42.38%), Vitamin B3: 7.84mg (39.18%), Calcium: 374.24mg (37.42%), Selenium: 23.96µg (34.23%), Fiber: 6.58g (26.3%), Iron: 4.62mg (25.66%), Manganese: 0.48mg (24.17%), Magnesium: 95.07mg (23.77%), Vitamin B2: 0.35mg (20.76%), Vitamin B1: 0.3mg (19.86%), Copper: 0.4mg (19.83%), Vitamin B5: 1.6mg (15.95%), Folate: 58.69µg (14.67%), Vitamin K: 9.48µg (9.03%), Vitamin A: 440.92IU (8.82%), Vitamin E: 0.87mg (5.77%), Vitamin D: 0.45µg (3.01%)