



Beef-Vegetable Skillet Bake

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 can cream of mushroom soup (10 fl oz/284 mL)
- 675 g extra-lean ground beef
- 225 g mushrooms fresh sliced
- 1 onion chopped
- 3 cups peas-carrots mix shopping list frozen
- 235 g crescent dinner rolls refrigerated
- 115 g velveeta process cheese product cut into 1/2-inch cubes
- 0.5 cup water

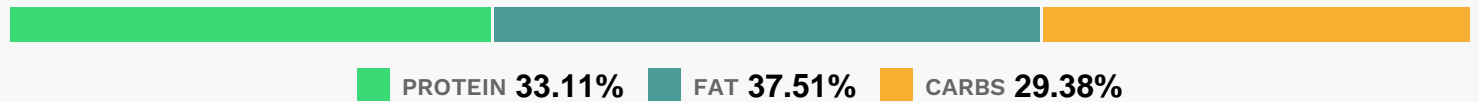
Equipment

- frying pan
- oven

Directions

- Heat oven to 375F.
- Brown meat in large ovenproof nonstick skillet.
- Add mushrooms and onions; cook 8 to 10 min. or until liquid from mushrooms evaporates, stirring occasionally. Stir in next 3 ingredients; bring to boil.
- Add Velveeta; stir.
- Remove from heat.
- Unroll crescent dough; separate into 8 triangles. Arrange on top of meat mixture, with points of triangles overlapping in centre and short sides along edge of skillet.
- Bake 12 to 15 min. or until golden brown.
- Let stand 5 min. before serving.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.65, Inflammation Score:-10, Nutrition Score:24.667825994284%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 417.45kcal (20.87%), Fat: 17.77g (27.34%), Saturated Fat: 8.11g (50.7%), Carbohydrates: 31.31g (10.44%), Net Carbohydrates: 28.14g (10.23%), Sugar: 7.07g (7.85%), Cholesterol: 80.34mg (26.78%), Sodium: 1104.99mg (48.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.29g (70.58%), Vitamin A: 6836.48IU (136.73%), Phosphorus: 513.33mg (51.33%), Zinc: 7.35mg (49.03%), Vitamin B3: 9mg (45.01%), Vitamin B12: 2.62µg (43.61%),

Selenium: 23.99µg (34.28%), Vitamin B2: 0.55mg (32.27%), Vitamin B6: 0.59mg (29.65%), Iron: 4.54mg (25.24%), Potassium: 801.24mg (22.89%), Copper: 0.38mg (19.01%), Manganese: 0.37mg (18.48%), Vitamin B5: 1.54mg (15.42%), Vitamin B1: 0.23mg (15.21%), Calcium: 147.01mg (14.7%), Fiber: 3.17g (12.67%), Vitamin C: 10mg (12.13%), Magnesium: 46.31mg (11.58%), Folate: 44.24µg (11.06%), Vitamin E: 0.32mg (2.15%), Vitamin D: 0.19µg (1.25%)