



Beefy Potato Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



550 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 10.8 ounce cream of mushroom soup undiluted canned
- ☐ 1 pound ground beef lean
- ☐ 0.5 cup milk
- ☐ 1 small onion chopped
- ☐ 0.5 teaspoon seasoned pepper
- ☐ 22 ounce potatoes frozen mashed
- ☐ 1 teaspoon salt divided

- ☐ 8 ounces cheddar cheese shredded divided
- ☐ 11 ounce kernel corn whole drained canned

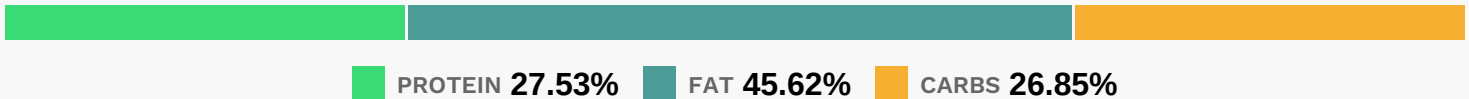
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Prepare mashed potatoes according to package directions. Stir in butter and 1/2 teaspoon salt; set aside.
- ☐ Cook ground beef, onion, and seasoned pepper in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink; drain and return to skillet.
- ☐ Add 1 cup cheese, corn, soup, milk, and remaining 1/2 teaspoon salt, stirring well.
- ☐ Pour beef mixture into a lightly greased 13- x 9-inch baking dish.
- ☐ Spread mashed potatoes evenly over beef mixture.
- ☐ Bake at 350 for 20 minutes.
- ☐ Sprinkle with remaining 1 cup cheese, and bake 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:51.55, Glycemic Load:17, Inflammation Score:-7, Nutrition Score:24.425652338111%

Flavonoids

Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 549.63kcal (27.48%), Fat: 27.77g (42.72%), Saturated Fat: 14.99g (93.7%), Carbohydrates: 36.77g (12.26%), Net Carbohydrates: 33.61g (12.22%), Sugar: 2.89g (3.22%), Cholesterol: 119.62mg (39.87%), Sodium: 1408.79mg

(61.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.7g (75.39%), Phosphorus: 532.08mg (53.21%), Zinc: 7.62mg (50.81%), Vitamin B12: 2.75µg (45.86%), Selenium: 29.6µg (42.28%), Vitamin B6: 0.81mg (40.59%), Calcium: 383.26mg (38.33%), Vitamin B3: 7.4mg (37.02%), Vitamin C: 26.67mg (32.33%), Potassium: 1084.24mg (30.98%), Vitamin B2: 0.47mg (27.74%), Manganese: 0.47mg (23.4%), Iron: 3.82mg (21.24%), Magnesium: 76.82mg (19.2%), Copper: 0.37mg (18.48%), Folate: 59.24µg (14.81%), Vitamin B5: 1.37mg (13.72%), Vitamin B1: 0.19mg (12.82%), Vitamin A: 637.84IU (12.76%), Fiber: 3.15g (12.62%), Vitamin E: 0.75mg (5.02%), Vitamin K: 4.58µg (4.36%), Vitamin D: 0.63µg (4.21%)