



Brunzie's Baseball Casserole



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



635 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



10.8 ounce cream of chicken soup canned



1 pound ground beef



1 pinch salt and ground pepper black to taste



0.8 cup rice instant



1 onion chopped



10.8 ounce chicken noodle soup canned

Equipment



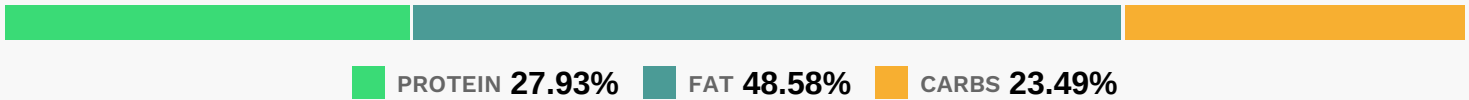
frying pan

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Cook the ground beef and onion in a large skillet over medium heat until the beef is completely browned, 7 to 10 minutes; season with salt and black pepper.
- ☐ Drain excess grease from the ground beef mixture; transfer to a casserole dish.
- ☐ Stir the cream of chicken soup, chicken noodle soup, and instant rice through the ground beef mixture; season again with salt and black pepper.
- ☐ Bake in the preheated oven until the edges begin to bubble, 40 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:40.8, Glycemic Load:19.61, Inflammation Score:-4, Nutrition Score:18.417826113494%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 635.22kcal (31.76%), Fat: 33.5g (51.55%), Saturated Fat: 11.78g (73.64%), Carbohydrates: 36.46g (12.15%), Net Carbohydrates: 35.53g (12.92%), Sugar: 1.62g (1.8%), Cholesterol: 124.7mg (41.57%), Sodium: 980.9mg (42.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.34g (86.68%), Selenium: 37.85µg (54.08%), Vitamin B12: 3.19µg (53.14%), Zinc: 7.29mg (48.61%), Vitamin B3: 7.51mg (37.54%), Phosphorus: 367.26mg (36.73%), Vitamin B6: 0.6mg (30.05%), Iron: 4.34mg (24.09%), Manganese: 0.48mg (23.96%), Vitamin B2: 0.3mg (17.85%), Potassium: 540.45mg (15.44%), Copper: 0.29mg (14.61%), Magnesium: 48.27mg (12.07%), Vitamin B5: 1.1mg (11.01%), Vitamin E: 1.16mg (7.76%), Vitamin K: 7.1µg (6.76%), Vitamin B1: 0.1mg (6.37%), Calcium: 57.89mg (5.79%), Vitamin A: 274.21IU (5.48%), Folate: 18.99µg (4.75%), Fiber: 0.92g (3.7%), Vitamin C: 2.11mg (2.56%), Vitamin D: 0.19µg (1.26%)