

Cheeseburger and Fries Casserole

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



485 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

☐ 10.8 ounce condensed cheddar cheese soup canned

☐ 10.8 ounce condensed golden mushroom soup canned

☐ 16 ounce fries frozen french

☐ 8 servings garlic powder to taste

☐ 2 pounds ground beef lean

☐ 0.5 medium onion chopped

☐ 8 servings salt and pepper to taste

☐ 2 cups cheddar cheese shredded

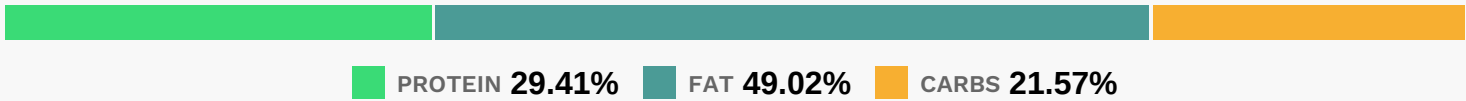
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ stove

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Combine the ground beef and onion in a skillet over medium-high heat. Cook, stirring occasionally until beef is no longer pink, and the onion is translucent.
- ☐ Drain off excess grease, and season with salt, pepper and garlic powder.
- ☐ Return to the heat, and stir in the golden mushroom and cheese soups until well blended.
- ☐ Heat through, and remove from stove.
- ☐ Transfer the mixture to a 9x13 inch baking dish. Cover the ground beef mixture with a layer of frozen French fries.
- ☐ Bake for 25 to 30 minutes in the preheated oven. When the fries are golden brown, remove the casserole from the oven, and sprinkle cheese over the top. Return to the oven, and bake just until cheese has melted.

Nutrition Facts



Properties

Glycemic Index:15.42, Glycemic Load:9.78, Inflammation Score:-5, Nutrition Score:19.327825997187%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 484.81kcal (24.24%), Fat: 26.23g (40.35%), Saturated Fat: 11.63g (72.71%), Carbohydrates: 25.97g (8.66%), Net Carbohydrates: 22.65g (8.24%), Sugar: 1.07g (1.19%), Cholesterol: 101.99mg (34%), Sodium: 1203mg (52.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.4g (70.81%), Zinc: 7.52mg (50.11%), Vitamin B12: 2.9µg (48.34%), Phosphorus: 423.03mg (42.3%), Selenium: 28.76µg (41.09%), Vitamin B3: 7.89mg (39.45%), Vitamin B6: 0.64mg (31.96%), Potassium: 923.97mg (26.4%), Calcium: 232.82mg (23.28%), Iron: 3.94mg (21.92%), Vitamin B2: 0.35mg (20.8%), Manganese: 0.3mg (14.79%), Fiber: 3.32g (13.28%), Vitamin B5: 1.25mg (12.54%), Magnesium: 48.45mg (12.11%), Copper: 0.21mg (10.49%), Vitamin A: 436.72IU (8.73%), Vitamin B1: 0.12mg (8.03%), Folate: 29.46µg (7.36%), Vitamin C: 4.12mg (4.99%), Vitamin E: 0.55mg (3.67%), Vitamin D: 0.28µg (1.89%), Vitamin K: 1.06µg (1.01%)