



Cheesy Beef and Tomato Bake

READY IN



55 min.

SERVINGS



4

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef lean
- ☐ 1 oz onion soup mix
- ☐ 2 medium tomatoes chopped
- ☐ 1.5 cups rice instant uncooked
- ☐ 1.5 cups water
- ☐ 1 medium tomatoes sliced
- ☐ 1 cup colby cheese shredded

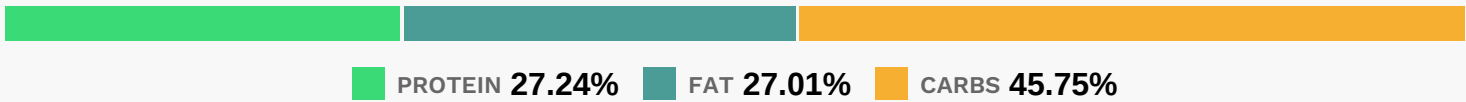
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400°F. Spray 8-inch square (2-quart) glass baking dish or 2-quart casserole with nonstick cooking spray.
- ☐ Cook ground beef in large skillet over medium-high heat until thoroughly cooked, stirring frequently.
- ☐ Drain. Stir in soup mix, chopped tomatoes, rice and water. Bring to a boil.
- ☐ Pour into sprayed baking dish. Cover tightly with foil.
- ☐ Bake at 400°F. for 20 to 25 minutes or until liquid is absorbed and rice is tender. Uncover; top with tomato slices; sprinkle with cheese.
- ☐ Bake, uncovered, an additional 10 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:34.3, Glycemic Load:34.33, Inflammation Score:-7, Nutrition Score:23.748695954033%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 575.97kcal (28.8%), Fat: 16.93g (26.05%), Saturated Fat: 9.37g (58.59%), Carbohydrates: 64.51g (21.5%), Net Carbohydrates: 62.04g (22.56%), Sugar: 3.01g (3.35%), Cholesterol: 101.66mg (33.89%), Sodium: 855.87mg (37.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.42g (76.84%), Zinc: 7.79mg (51.91%), Selenium: 35.35µg (50.49%), Phosphorus: 492.21mg (49.22%), Vitamin B12: 2.81µg (46.9%), Manganese: 0.92mg (46.12%), Vitamin B3: 8.02mg (40.12%), Vitamin B6: 0.7mg (34.97%), Calcium: 277.7mg (27.77%), Potassium: 783.78mg

(22.39%), Vitamin B2: 0.38mg (22.19%), Vitamin A: 1097.53IU (21.95%), Iron: 3.84mg (21.35%), Copper: 0.35mg (17.37%), Magnesium: 66.16mg (16.54%), Vitamin B5: 1.64mg (16.43%), Vitamin C: 12.88mg (15.61%), Vitamin B1: 0.15mg (10.26%), Fiber: 2.48g (9.91%), Vitamin K: 8.69µg (8.27%), Folate: 31µg (7.75%), Vitamin E: 0.99mg (6.62%), Vitamin D: 0.31µg (2.08%)