



## Cheesy Beef and Tomato Casserole

 Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



470 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 lb ground beef 80% lean (at least )
- 0.5 cup onion chopped
- 0.5 teaspoon salt
- 0.1 teaspoon pepper
- 0.8 cup rice medium-grain white uncooked
- 1 cup water
- 1 medium zucchini cut into 1/4-inch-thick slices (2 cups)
- 1 cup tomatoes chopped

- 19 oz tomato basil sauce canned
- 8 oz mozzarella cheese shredded

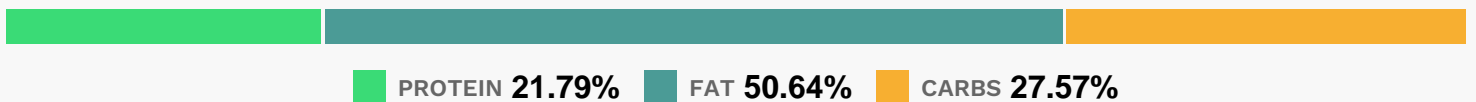
## Equipment

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

## Directions

- Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 10-inch skillet, cook beef and onion over medium-high heat, stirring frequently, until beef is thoroughly cooked; drain.
- Sprinkle with salt and pepper.
- Place rice and water in baking dish; stir to mix.
- Layer cooked beef, zucchini and tomato over rice.
- Pour soup over top.
- Cut 16x12-inch sheet of foil; spray with cooking spray. Cover dish with foil, sprayed side down.
- Bake 40 minutes. Uncover dish; sprinkle cheese over top.
- Bake uncovered 10 to 15 minutes longer or until edges are bubbly and cheese is lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:33.36, Glycemic Load:11.99, Inflammation Score:-7, Nutrition Score:16.038695646369%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

## Nutrients (% of daily need)

Calories: 469.92kcal (23.5%), Fat: 26.04g (40.07%), Saturated Fat: 11.2g (70%), Carbohydrates: 31.91g (10.64%), Net Carbohydrates: 27.87g (10.14%), Sugar: 8.92g (9.91%), Cholesterol: 83.54mg (27.85%), Sodium: 826.52mg (35.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.21g (50.42%), Vitamin B12: 2.48µg (41.33%), Zinc: 4.69mg (31.27%), Selenium: 21.39µg (30.56%), Phosphorus: 302.16mg (30.22%), Calcium: 251.96mg (25.2%), Vitamin A: 1066.85IU (21.34%), Potassium: 710.89mg (20.31%), Vitamin B3: 3.92mg (19.58%), Vitamin B6: 0.39mg (19.27%), Manganese: 0.38mg (18.98%), Vitamin C: 14.55mg (17.63%), Fiber: 4.04g (16.14%), Vitamin B2: 0.27mg (15.84%), Iron: 2.56mg (14.22%), Magnesium: 36.61mg (9.15%), Vitamin B5: 0.77mg (7.73%), Copper: 0.15mg (7.27%), Vitamin B1: 0.09mg (6.01%), Folate: 23.89µg (5.97%), Vitamin K: 5.74µg (5.47%), Vitamin E: 0.58mg (3.89%), Vitamin D: 0.23µg (1.51%)