

Cheesy Beef Hash

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



788 kcal

SIDE DISH

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1 teaspoon salt
- ☐ 5 cups potatoes frozen with onions and peppers (from 28-oz bag)
- ☐ 1 cup bell pepper green chopped
- ☐ 8 oz creamy pimiento cheese
- ☐ 4 oz cheddar cheese shredded

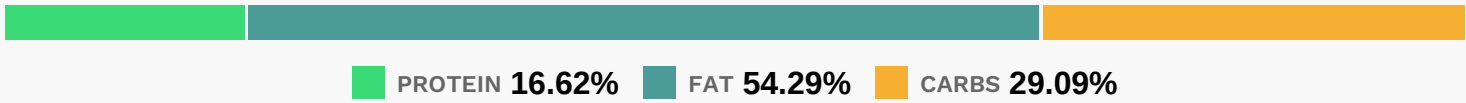
Equipment

- ☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, cook beef and salt over medium-high heat 5 to 7 minutes, stirring occasionally, until brown; drain.
- ☐ Stir potatoes into beef; reduce heat to medium-low. Cover; cook about 10 minutes, stirring occasionally, until potatoes are almost tender.
- ☐ Stir in bell pepper and onion. Cover; cook 5 to 10 minutes, stirring occasionally, until tender. Stir in cold-pack cheese food. Cook 1 to 2 minutes, stirring occasionally, until thoroughly heated. Top with shredded cheese.

Nutrition Facts



Properties

Glycemic Index:30.19, Glycemic Load:33.87, Inflammation Score:-8, Nutrition Score:29.851304308228%

Flavonoids

Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg Kaempferol: 2.12mg, Kaempferol: 2.12mg, Kaempferol: 2.12mg, Kaempferol: 2.12mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 788.49kcal (39.42%), Fat: 46.02g (70.79%), Saturated Fat: 19.39g (121.17%), Carbohydrates: 55.49g (18.5%), Net Carbohydrates: 49.08g (17.85%), Sugar: 8.19g (9.1%), Cholesterol: 139.79mg (46.6%), Sodium: 1447.23mg (62.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.7g (63.4%), Vitamin C: 85.37mg (103.48%), Vitamin B6: 1.24mg (62.18%), Phosphorus: 466.08mg (46.61%), Calcium: 462.59mg (46.26%), Vitamin B12: 2.73µg (45.45%), Zinc: 6.59mg (43.94%), Potassium: 1498.44mg (42.81%), Vitamin B3: 7.75mg (38.77%), Selenium: 25.82µg (36.89%), Fiber: 6.41g (25.63%), Iron: 4.42mg (24.58%), Manganese: 0.46mg (23.14%), Vitamin B2: 0.39mg (22.78%), Magnesium: 91.05mg (22.76%), Copper: 0.39mg (19.35%), Vitamin B1: 0.29mg (19.21%), Vitamin A: 942.53IU (18.85%), Vitamin B5: 1.5mg (15%), Folate: 59.62µg (14.9%), Vitamin K: 10.47µg (9.97%), Vitamin E: 0.84mg (5.61%), Vitamin D: 0.28µg (1.89%)