



Cheesy Chili Hash Brown Bake

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



446 kcal

SIDE DISH

Ingredients

- ☐ 15 oz chili with beans canned
- ☐ 30 oz hash browns shredded frozen country-style (4 cups)
- ☐ 15.5 oz sauce canned
- ☐ 1.5 pounds ground beef lean
- ☐ 8 oz cheddar cheese shredded

Equipment

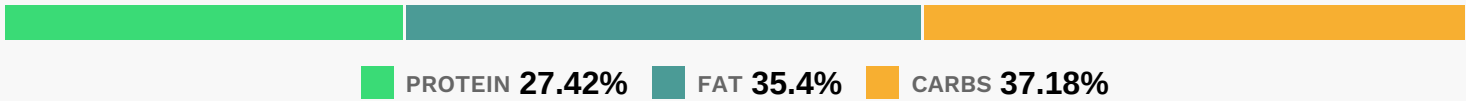
- ☐ frying pan
- ☐ oven

- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 425
- ☐ Brown ground beef in a large skillet over medium-high heat, stirring often, 7 to 10 minutes or until meat crumbles and is no longer pink. Stir in sloppy joe sauce and chili.
- ☐ Spoon chili mixture into 8 lightly greased 10-oz. ramekins. Top with frozen hash browns.
- ☐ Bake, covered, at 425 for 30 minutes; uncover and bake 10 more minutes or until browned and crisp.
- ☐ Sprinkle with cheese, and bake 5 more minutes or until cheese is melted.
- ☐ Note: We tested with Manwich Original Sloppy Joe Sauce and Hormel Chili with Beans. Chili mixture can be baked in a lightly greased 13- x 9-inch baking dish as directed.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:5.57, Inflammation Score:-5, Nutrition Score:18.766086842703%

Nutrients (% of daily need)

Calories: 445.9kcal (22.3%), Fat: 17.52g (26.96%), Saturated Fat: 8.78g (54.88%), Carbohydrates: 41.41g (13.8%), Net Carbohydrates: 37.58g (13.66%), Sugar: 13.41g (14.9%), Cholesterol: 90.12mg (30.04%), Sodium: 1201.52mg (52.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.53g (61.07%), Zinc: 6.66mg (44.37%), Phosphorus: 430.06mg (43.01%), Vitamin B12: 2.21µg (36.76%), Selenium: 23.83µg (34.04%), Vitamin B3: 6.65mg (33.23%), Iron: 4.93mg (27.41%), Vitamin B6: 0.52mg (25.78%), Calcium: 243.7mg (24.37%), Potassium: 813.1mg (23.23%), Vitamin B2: 0.33mg (19.57%), Vitamin B5: 1.76mg (17.61%), Magnesium: 61.98mg (15.49%), Fiber: 3.83g (15.31%), Copper: 0.24mg (12.11%), Manganese: 0.24mg (11.89%), Vitamin C: 9.62mg (11.66%), Vitamin B1: 0.17mg (11.45%), Vitamin A: 463.2IU (9.26%), Folate: 26.68µg (6.67%), Vitamin E: 0.73mg (4.85%), Vitamin K: 1.95µg (1.85%), Vitamin D: 0.26µg (1.7%)