



Chuck Wagon Hash



Gluten Free

READY IN

ready

55 min.

SERVINGS

servings

4

CALORIES

calories

617 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce regular corn drained canned
- ☐ 2 cups rice white cold cooked
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 teaspoon parsley dried
- ☐ 1 teaspoon garlic powder
- ☐ 1 pound ground beef
- ☐ 0.5 cup onion chopped
- ☐ 1 teaspoon oregano dried

☐

1 cup cheddar cheese shredded

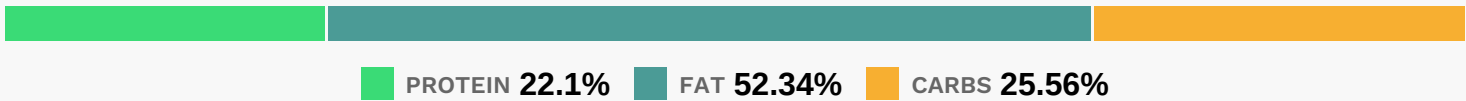
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place a large skillet over medium-high heat. Brown the ground beef, stirring constantly to break it up into fine pieces. When the beef is no longer pink, add the onion, and continue cooking until the onion has softened, and the beef has browned, about 5 more minutes.
- ☐ Drain excess grease from the beef, then season with pepper flakes, parsley, oregano, and garlic powder. Stir in beef broth, mushroom soup, corn, and rice. Cook for a few minutes to warm, then pour into a casserole dish.
- ☐ Bake in preheated oven for 25 minutes, then sprinkle with Cheddar cheese, and continue baking for 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:24.54, Inflammation Score:-7, Nutrition Score:19.317826182946%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 616.79kcal (30.84%), Fat: 35.4g (54.46%), Saturated Fat: 15.27g (95.46%), Carbohydrates: 38.9g (12.97%), Net Carbohydrates: 37.81g (13.75%), Sugar: 1.02g (1.13%), Cholesterol: 112.57mg (37.52%), Sodium: 918.72mg

(39.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.62g (67.25%), Zinc: 7.27mg (48.48%), Vitamin B12: 2.85µg (47.47%), Selenium: 31.23µg (44.62%), Phosphorus: 403.43mg (40.34%), Manganese: 0.72mg (35.79%), Vitamin B3: 6.42mg (32.09%), Vitamin B6: 0.53mg (26.58%), Calcium: 245.97mg (24.6%), Vitamin B2: 0.37mg (21.69%), Iron: 3.37mg (18.7%), Potassium: 578.91mg (16.54%), Copper: 0.32mg (16.13%), Magnesium: 53.54mg (13.39%), Folate: 47.51µg (11.88%), Vitamin B5: 1.17mg (11.74%), Vitamin B1: 0.11mg (7.47%), Vitamin K: 6.25µg (5.95%), Vitamin A: 292.45IU (5.85%), Vitamin E: 0.81mg (5.41%), Fiber: 1.1g (4.38%), Vitamin C: 2.74mg (3.32%), Vitamin D: 0.28µg (1.89%)