



Creamed Beef

READY IN



30 min.

SERVINGS



4

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 15 ounce peas drained canned
- 0.5 cup flour all-purpose
- 1 pound ground beef
- 4 cups milk
- 1 onion chopped
- 4 servings salt and pepper to taste

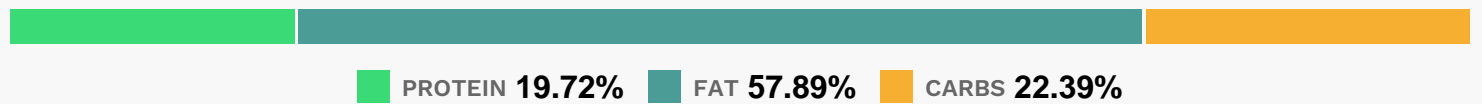
Equipment

- frying pan
- sauce pan

Directions

- Place the ground beef and onion in a large skillet over medium high heat.
- Saute for 5 to 10 minutes, or until beef is browned and onion is translucent; set aside.
- Melt the butter or margarine in a medium saucepan over medium heat.
- Remove from heat and add the flour, mixing thoroughly.
- Add the milk slowly, stirring constantly, and return to the heat. Keep stirring until thickened to desired consistency.
- Add the reserved beef mixture, the peas, and season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:13.53, Inflammation Score:-9, Nutrition Score:27.122174034948%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 665.69kcal (33.28%), Fat: 42.68g (65.67%), Saturated Fat: 20.66g (129.12%), Carbohydrates: 37.16g (12.39%), Net Carbohydrates: 32.77g (11.92%), Sugar: 16.35g (18.17%), Cholesterol: 140.3mg (46.77%), Sodium: 651.8mg (28.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.71g (65.42%), Vitamin B12: 3.77µg (62.81%), Phosphorus: 520.84mg (52.08%), Vitamin A: 2375.87IU (47.52%), Zinc: 6.68mg (44.5%), Selenium: 28.6µg (40.86%), Vitamin B2: 0.62mg (36.44%), Calcium: 353.99mg (35.4%), Vitamin B3: 7.07mg (35.34%), Vitamin B6: 0.62mg (31.23%), Vitamin B1: 0.4mg (26.89%), Vitamin K: 25.93µg (24.69%), Iron: 4.36mg (24.21%), Potassium: 845.18mg (24.15%), Manganese: 0.39mg (19.4%), Magnesium: 75.23mg (18.81%), Vitamin D: 2.8µg (18.65%), Fiber: 4.4g (17.59%), Vitamin B5: 1.69mg (16.94%), Folate: 67.7µg (16.92%), Vitamin C: 10.33mg (12.52%), Copper: 0.21mg (10.51%), Vitamin E: 0.95mg (6.35%)