

Creamy Beef Casserole

READY IN



50 min.

SERVINGS



8

CALORIES



580 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup breadcrumbs soft
- 0.3 cup butter melted
- 10 ounces cream of chicken soup undiluted canned
- 10 ounces cream of mushroom soup undiluted canned
- 6 ounces egg noodles cooked drained
- 2 pounds ground beef
- 1 large onion chopped
- 0.3 teaspoon pepper
- 2 ounces pimientos diced drained canned

- 0.8 teaspoon salt
- 8 ounces cream sour
- 15 ounces corn whole drained canned

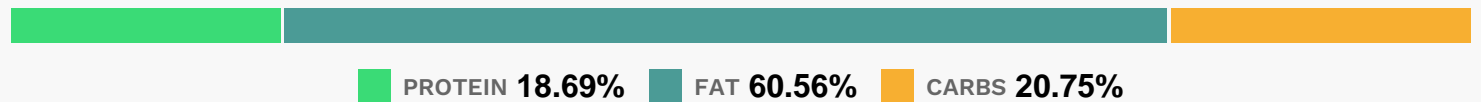
Equipment

- frying pan
- oven
- baking pan

Directions

- In a skillet, cook beef and onion over medium heat until meat is no longer pink; drain.
- Add noodles, corn, soups, sour cream, pimientos, salt and pepper; mix well.
- Transfer to a greased 3-qt. baking dish. Toss bread crumbs and butter; sprinkle over casserole.
- Bake, uncovered, at 350° for 30 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:30.88, Glycemic Load:4.16, Inflammation Score:-6, Nutrition Score:17.357390999794%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 580.18kcal (29.01%), Fat: 38.79g (59.68%), Saturated Fat: 16.62g (103.86%), Carbohydrates: 29.92g (9.97%), Net Carbohydrates: 28.49g (10.36%), Sugar: 3.12g (3.46%), Cholesterol: 123.26mg (41.09%), Sodium: 1036.9mg (45.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.93g (53.86%), Vitamin B12: 2.62µg (43.69%), Selenium: 27.4µg (39.14%), Zinc: 5.86mg (39.1%), Vitamin B3: 6.75mg (33.76%), Phosphorus: 290.93mg (29.09%), Vitamin B6: 0.46mg (22.99%), Iron: 3.93mg (21.86%), Manganese: 0.4mg (20.25%), Vitamin B2: 0.33mg (19.55%), Potassium: 543.46mg (15.53%), Vitamin B1: 0.22mg (14.77%), Copper: 0.27mg (13.74%), Vitamin A: 611.74IU

(12.23%), Folate: 48.46µg (12.11%), Vitamin C: 9.95mg (12.06%), Magnesium: 44.75mg (11.19%), Vitamin B5: 0.96mg (9.63%), Calcium: 90.67mg (9.07%), Vitamin E: 1.04mg (6.93%), Vitamin K: 6.21µg (5.91%), Fiber: 1.43g (5.72%)