



Crescent-Topped Cheeseburger Casserole



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



365 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups processed cheese food shredded
- ☐ 0.3 cup dill pickles chopped
- ☐ 1 eggs beaten
- ☐ 0.5 cup catsup
- ☐ 1 pound ground beef 80% lean (at least)
- ☐ 0.3 cup onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 1 tablespoon sesame seed

- ☐ 0.5 cup water
- ☐ 1 tablespoon mustard yellow

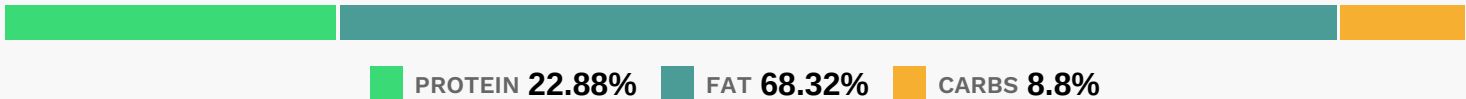
Equipment

- ☐ frying pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375 degrees F. In 10-inch nonstick skillet, cook beef and onion over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain. Stir in pickles, water, ketchup, mustard and pepper.
- ☐ Spoon beef mixture into 11x7-inch (2-quart) glass baking dish.
- ☐ Sprinkle with cheese.
- ☐ Unroll dough; press into 12x8-inch rectangle.
- ☐ Cut into 6 squares; place on top of cheese.
- ☐ Brush with egg; sprinkle with sesame seed.
- ☐ Bake 25 to 30 minutes or until deep golden brown.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.55, Inflammation Score:-4, Nutrition Score:13.490434625874%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 365.21kcal (18.26%), Fat: 27.74g (42.68%), Saturated Fat: 12.46g (77.88%), Carbohydrates: 8.04g (2.68%), Net Carbohydrates: 7.53g (2.74%), Sugar: 5.48g (6.09%), Cholesterol: 115.96mg (38.65%), Sodium: 904.37mg

(39.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.91g (41.81%), Calcium: 406.57mg (40.66%), Phosphorus: 377.56mg (37.76%), Vitamin B12: 2.21µg (36.8%), Selenium: 22.15µg (31.64%), Zinc: 4.3mg (28.67%), Vitamin B3: 3.6mg (18.01%), Vitamin B6: 0.33mg (16.48%), Vitamin B2: 0.27mg (15.92%), Iron: 2.15mg (11.95%), Potassium: 343.59mg (9.82%), Vitamin A: 486.11IU (9.72%), Magnesium: 32.66mg (8.17%), Copper: 0.15mg (7.43%), Vitamin B5: 0.66mg (6.62%), Vitamin E: 0.98mg (6.53%), Manganese: 0.1mg (5.19%), Vitamin B1: 0.06mg (4.27%), Folate: 16.56µg (4.14%), Vitamin K: 4.03µg (3.83%), Vitamin D: 0.43µg (2.88%), Fiber: 0.51g (2.03%), Vitamin C: 1.45mg (1.76%)