



Dried Beef Casserole

READY IN



80 min.

SERVINGS



4

CALORIES



1098 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounce beef dried
- 2 ounce olives black sliced canned
- 21.5 ounce cream of mushroom soup canned
- 3 cups elbow macaroni
- 21.5 ounce milk canned
- 1 large onion diced
- 2 cups cheddar cheese shredded
- 1 cup heavy whipping cream sour

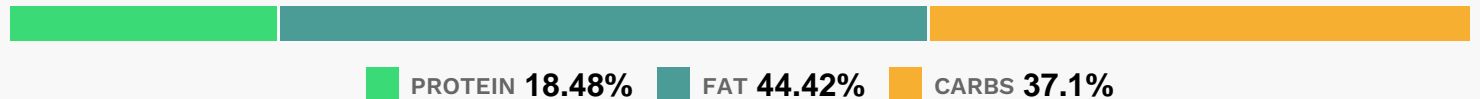
Equipment

- bowl
- oven
- pot
- glass baking pan

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain. Preheat oven to 350 degrees F (175 degrees C).
- Combine soup, milk and sour cream in a large bowl.
- Cut beef into fourths.
- Combine beef, olives and onion with soup mixture. Stir in pasta.
- Pour into 9x13 inch glass baking dish. Top with shredded cheese.
- Bake in preheated oven for one hour, until cheese is golden brown.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:3.85, Inflammation Score:-8, Nutrition Score:34.009130664494%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 1097.87kcal (54.89%), Fat: 54.03g (83.12%), Saturated Fat: 26.26g (164.14%), Carbohydrates: 101.53g (33.84%), Net Carbohydrates: 96.76g (35.19%), Sugar: 13.95g (15.5%), Cholesterol: 156.59mg (52.2%), Sodium: 1792.52mg (77.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.56g (101.12%), Selenium: 96.19µg

(137.42%), Phosphorus: 800.04mg (80%), Manganese: 1.49mg (74.61%), Calcium: 699.3mg (69.93%), Zinc: 8.48mg (56.56%), Vitamin B12: 3µg (49.99%), Vitamin B2: 0.81mg (47.38%), Copper: 0.7mg (35.25%), Magnesium: 120.56mg (30.14%), Vitamin B6: 0.6mg (29.9%), Vitamin B3: 5.87mg (29.37%), Potassium: 983.89mg (28.11%), Vitamin A: 1227.67IU (24.55%), Iron: 3.81mg (21.17%), Vitamin B5: 2.07mg (20.71%), Fiber: 4.77g (19.08%), Vitamin B1: 0.28mg (18.85%), Folate: 56.4µg (14.1%), Vitamin D: 2.07µg (13.81%), Vitamin E: 1.61mg (10.76%), Vitamin C: 3.29mg (3.99%), Vitamin K: 4.15µg (3.95%)