



Easy Chow Mein Casserole



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



616 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 lb ground beef 80% lean (at least)
- ☐ 0.5 teaspoon highest available proof grain spirit
- ☐ 1 cup rice long-grain uncooked
- ☐ 1.8 cups beef broth flavored (from 32-oz carton)
- ☐ 0.3 cup teriyaki sauce (from 10-oz bottle)
- ☐ 0.3 cup water
- ☐ 28 oz savory vegetable rinsed drained canned
- ☐ 0.5 cup chow mein noodles

- ☐ 0.3 cup cashew pieces
- ☐ 1 serving teriyaki sauce

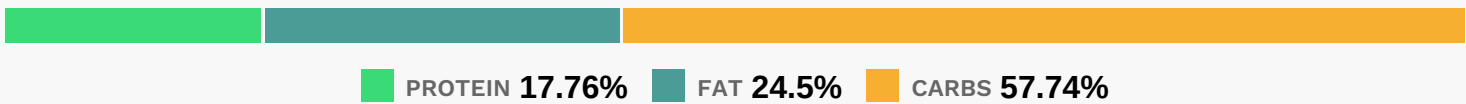
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F. In 10-inch nonstick skillet, crumble beef; sprinkle with garlic pepper. Cook over medium-high heat 5 to 7 minutes, stirring occasionally, until brown; drain.
- ☐ In ungreased 11x7-inch (2-quart) glass baking dish, mix beef, rice, broth, 1/4 cup teriyaki sauce and the water. Stir in vegetables. Cover baking dish with foil.
- ☐ Bake 50 to 55 minutes or until rice is tender. Uncover and stir; sprinkle with chow mein noodles and cashews.
- ☐ Bake uncovered 10 to 15 minutes longer or until noodles and cashews are golden brown.

Nutrition Facts



Properties

Glycemic Index:46.85, Glycemic Load:31.49, Inflammation Score:-10, Nutrition Score:25.533043389735%

Nutrients (% of daily need)

Calories: 615.83kcal (30.79%), Fat: 16.98g (26.13%), Saturated Fat: 5.37g (33.58%), Carbohydrates: 90.07g (30.02%), Net Carbohydrates: 79.62g (28.95%), Sugar: 3.65g (4.06%), Cholesterol: 40.26mg (13.42%), Sodium: 1409.73mg (61.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.71g (55.41%), Vitamin A: 10077.24IU (201.54%), Manganese: 1.15mg (57.26%), Fiber: 10.45g (41.79%), Phosphorus: 352.09mg (35.21%), Vitamin B3: 6.8mg (34%), Iron: 5.34mg (29.69%), Zinc: 4.29mg (28.6%), Selenium: 18.84µg (26.91%), Magnesium: 106.84mg (26.71%), Copper: 0.52mg (26.09%), Vitamin B6: 0.51mg (25.71%), Vitamin C: 20.68mg (25.07%), Vitamin B1: 0.34mg

(22.75%), Potassium: 780.59mg (22.3%), Vitamin B12: 1.29µg (21.45%), Vitamin B2: 0.32mg (18.61%), Folate: 71.38µg (17.84%), Vitamin B5: 1.21mg (12.11%), Calcium: 87.19mg (8.72%), Vitamin K: 3.83µg (3.65%), Vitamin E: 0.36mg (2.41%)