



## Easy Mushroom and Ground Beef Skillet

READY IN



20 min.

SERVINGS



6

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb ground beef 80% lean (at least )
- 0.3 cup onion chopped
- 19 oz burrito sized tortillas frozen with garlic & herb sauce
- 18 oz cream of mushroom soup canned
- 4.5 oz mushrooms drained sliced
- 4 oz mozzarella cheese shredded
- 1 serving parsley fresh chopped

### Equipment

frying pan

## Directions

- In 12-inch skillet, cook beef and onion over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked.
- Drain.
- Add frozen potatoes. Cook 8 to 10 minutes, stirring frequently, until potatoes are tender.
- Add soup and mushrooms; cook and stir until mixture is hot.
- Top with cheese. Cover; cook about 2 minutes or until cheese is melted.
- Sprinkle with parsley.

## Nutrition Facts

 **PROTEIN 20.25%**  **FAT 44.7%**  **CARBS 35.05%**

## Properties

Glycemic Index:25.33, Glycemic Load:14.42, Inflammation Score:-5, Nutrition Score:22.244782572207%

## Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

## Nutrients (% of daily need)

Calories: 582.89kcal (29.14%), Fat: 28.64g (44.06%), Saturated Fat: 11.94g (74.64%), Carbohydrates: 50.54g (16.85%), Net Carbohydrates: 46.88g (17.05%), Sugar: 4.23g (4.71%), Cholesterol: 72.86mg (24.29%), Sodium: 1434.58mg (62.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.19g (58.39%), Selenium: 36.58µg (52.26%), Vitamin B3: 8.73mg (43.66%), Phosphorus: 416.55mg (41.66%), Manganese: 0.73mg (36.58%), Vitamin B12: 2.19µg (36.56%), Vitamin B1: 0.53mg (35.17%), Zinc: 5.25mg (35.02%), Vitamin B2: 0.56mg (32.79%), Iron: 5.57mg (30.92%), Folate: 102.85µg (25.71%), Calcium: 246.61mg (24.66%), Copper: 0.38mg (19.14%), Vitamin B6: 0.37mg (18.44%), Vitamin K: 19.22µg (18.3%), Potassium: 518.9mg (14.83%), Fiber: 3.66g (14.64%), Magnesium: 45.25mg (11.31%), Vitamin B5: 1.04mg (10.44%), Vitamin A: 184.06IU (3.68%), Vitamin E: 0.35mg (2.36%), Vitamin C: 1.83mg (2.21%), Vitamin D: 0.19µg (1.29%)