



Easy Mushroom and Ground Beef Skillet



Gluten Free



Popular

READY IN



20 min.

SERVINGS



6

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

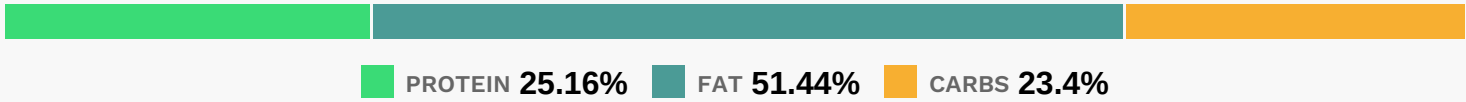
Equipment

☐ 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



Properties

Glycemic Index:33.63, Glycemic Load:11.92, Inflammation Score:-6, Nutrition Score:19.884782614915%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 378.51kcal (18.93%), Fat: 21.58g (33.19%), Saturated Fat: 9.35g (58.43%), Carbohydrates: 22.09g (7.36%), Net Carbohydrates: 19.49g (7.09%), Sugar: 1.63g (1.81%), Cholesterol: 72.86mg (24.29%), Sodium: 781.1mg (33.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.75g (47.49%), Vitamin K: 69.13µg (65.84%), Vitamin B12: 2.19µg (36.56%), Zinc: 5.07mg (33.82%), Vitamin B6: 0.58mg (29.19%), Vitamin C: 23.95mg (29.02%), Vitamin B3: 5.75mg (28.77%), Phosphorus: 284.72mg (28.47%), Selenium: 16.84µg (24.05%), Potassium: 803.09mg (22.95%), Manganese: 0.43mg (21.54%), Vitamin B2: 0.34mg (19.78%), Copper: 0.39mg (19.57%), Iron: 3.21mg (17.85%), Calcium: 130.92mg (13.09%), Magnesium: 47.81mg (11.95%), Vitamin B5: 1.18mg (11.76%), Fiber: 2.6g (10.41%), Vitamin B1: 0.15mg (10.05%), Folate: 37.89µg (9.47%), Vitamin A: 466.65IU (9.33%), Vitamin E: 0.39mg (2.59%), Vitamin D: 0.19µg (1.29%)