



Easy Skillet Beef and Hash Browns

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



506 kcal

SIDE DISH

Ingredients

- ☐ 10.8 ounce campbell's® condensed cream of celery soup fat free 98% canned (Regular or)
- ☐ 1 pound ground beef
- ☐ 2 cups hash-brown potatoes frozen
- ☐ 0.3 cup catsup
- ☐ 3 slices process american cheese
- ☐ 0.5 cup water
- ☐ 1 tablespoon worcestershire sauce

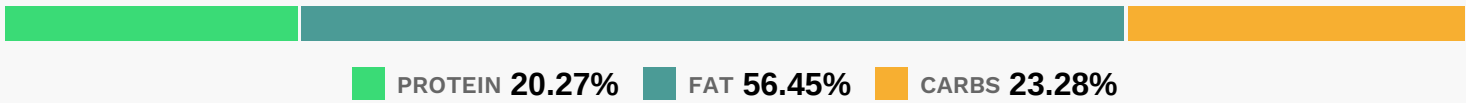
Equipment

☐ frying pan

Directions

- ☐ Cook the beef in a 10-inch skillet over medium-high heat until well browned, stirring often to separate meat.
- ☐ Pour off any fat.
- ☐ Stir the soup, water, ketchup and Worcestershire in the skillet and heat to a boil. Stir in the potatoes. Reduce the heat to low. Cover and cook for 10 minutes or until the potatoes are tender. Top with the cheese.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:5.47, Inflammation Score:-4, Nutrition Score:18.463043653447%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 505.84kcal (25.29%), Fat: 31.75g (48.85%), Saturated Fat: 12.57g (78.57%), Carbohydrates: 29.47g (9.82%), Net Carbohydrates: 27.5g (10%), Sugar: 5g (5.56%), Cholesterol: 104.64mg (34.88%), Sodium: 948.17mg (41.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.3%), Vitamin B12: 2.69µg (44.89%), Zinc: 5.48mg (36.54%), Phosphorus: 358.78mg (35.88%), Vitamin B3: 7mg (34.99%), Selenium: 22µg (31.43%), Vitamin B6: 0.5mg (24.87%), Calcium: 227.56mg (22.76%), Potassium: 777.03mg (22.2%), Iron: 3.99mg (22.15%), Manganese: 0.34mg (16.92%), Vitamin B5: 1.68mg (16.8%), Vitamin B2: 0.28mg (16.44%), Vitamin K: 16.05µg (15.28%), Copper: 0.29mg (14.62%), Vitamin E: 1.87mg (12.48%), Vitamin C: 9.93mg (12.04%), Vitamin B1: 0.18mg (11.67%), Magnesium: 41.53mg (10.38%), Vitamin A: 444IU (8.88%), Fiber: 1.97g (7.89%), Folate: 16.61µg (4.15%), Vitamin D: 0.21µg (1.39%)