

Easy Skillet Supper

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



197 kcal

SIDE DISH

Ingredients

- 10 ounces cream of mushroom soup undiluted canned
- 2 cups corn fresh frozen
- 1 small onion chopped
- 4 medium potatoes diced peeled
- 6 servings salt and pepper to taste

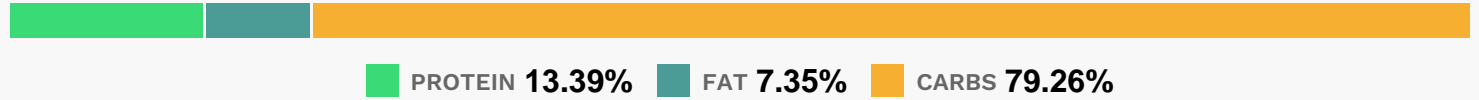
Equipment

- frying pan

Directions

- In a skillet, crumble beef. Top with potatoes, corn and onion.
- Sprinkle with salt and pepper.
- Spread soup over the top. Cover and cook over medium heat for 10 minutes. Reduce heat; cover and simmer for 30–45 minutes or until meat is no longer pink and potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:18.46, Glycemic Load:18.4, Inflammation Score:-4, Nutrition Score:11.160869571178%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 196.73kcal (9.84%), Fat: 1.7g (2.62%), Saturated Fat: 0.67g (4.22%), Carbohydrates: 41.28g (13.76%), Net Carbohydrates: 36.32g (13.21%), Sugar: 1.6g (1.78%), Cholesterol: 2.36mg (0.79%), Sodium: 540.52mg (23.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.95%), Vitamin C: 32.8mg (39.75%), Vitamin B6: 0.55mg (27.51%), Potassium: 836.13mg (23.89%), Manganese: 0.46mg (23.07%), Fiber: 4.96g (19.83%), Phosphorus: 145.88mg (14.59%), Vitamin B3: 2.86mg (14.3%), Copper: 0.28mg (14.03%), Magnesium: 54.74mg (13.68%), Folate: 50.24µg (12.56%), Vitamin B1: 0.19mg (12.34%), Iron: 1.84mg (10.21%), Zinc: 1.34mg (8.91%), Vitamin B2: 0.13mg (7.37%), Vitamin B5: 0.69mg (6.86%), Vitamin K: 2.74µg (2.61%), Calcium: 23.93mg (2.39%), Selenium: 0.92µg (1.32%), Vitamin B12: 0.08µg (1.26%)