



## Fast and Easy Hamburger Casserole

READY IN



50 min.

SERVINGS



5

CALORIES



613 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 12 ounce biscuits refrigerated canned
- 10.8 ounce cream of chicken soup canned
- 8 ounce cream cheese
- 0.3 cup catsup
- 1 pound ground beef lean
- 0.5 cup milk

### Equipment

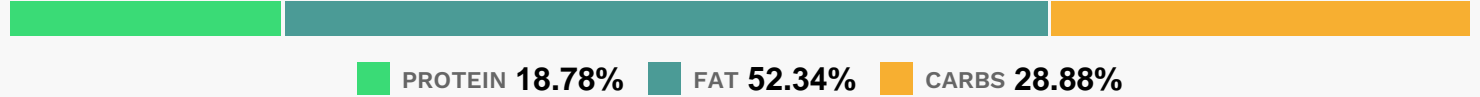
- bowl

- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large skillet over medium-high heat, saute the ground beef for 5 minutes, or until browned.
- Drain excess fat and set aside.
- In a medium bowl, combine the cream cheese, soup, ketchup and milk.
- Mix well and stir in the ground beef.
- Pour into a 9x13-inch baking dish.
- Bake at 350 degrees F (175 degrees C) for 15 minutes, place the biscuits on top and bake for 15 minutes or until biscuits are golden brown.

## Nutrition Facts



## Properties

Glycemic Index:34.6, Glycemic Load:23.86, Inflammation Score:-6, Nutrition Score:20.26173929287%

## Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 613kcal (30.65%), Fat: 35.68g (54.89%), Saturated Fat: 14.39g (89.92%), Carbohydrates: 44.29g (14.76%), Net Carbohydrates: 43.37g (15.77%), Sugar: 8.13g (9.04%), Cholesterol: 110.54mg (36.85%), Sodium: 1389.22mg (60.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.81g (57.61%), Phosphorus: 567.38mg (56.74%), Selenium: 34.18µg (48.83%), Vitamin B12: 2.36µg (39.31%), Vitamin B3: 7.74mg (38.71%), Zinc: 5.47mg (36.45%), Vitamin B2: 0.53mg (31.22%), Iron: 5.14mg (28.57%), Vitamin B1: 0.36mg (24.07%), Vitamin B6: 0.45mg (22.34%), Potassium: 626.35mg (17.9%), Manganese: 0.34mg (16.75%), Vitamin A: 822.56IU (16.45%), Folate: 58.54µg (14.64%), Vitamin E: 2.06mg (13.73%), Vitamin B5: 1.26mg (12.59%), Calcium: 125.85mg (12.58%), Copper: 0.22mg (11.15%), Magnesium: 42.53mg (10.63%), Vitamin K: 6.95µg (6.62%), Fiber: 0.92g (3.68%), Vitamin D: 0.36µg (2.39%)