



## Garlic Mashed Potatoes and Beef Bake

 **Gluten Free**

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**594 kcal**

**SIDE DISH**

### Ingredients

- 10.8 ounce cream of mushroom soup with roasted garlic soup canned
- 1 pound ground beef
- 3 tablespoons butter
- 0.8 cup milk
- 2 cups potatoes mashed idahoan®
- 16 ounce savory vegetable frozen thawed (broccoli, cauliflower, carrots)
- 2 cups water
- 1 tablespoon worcestershire sauce

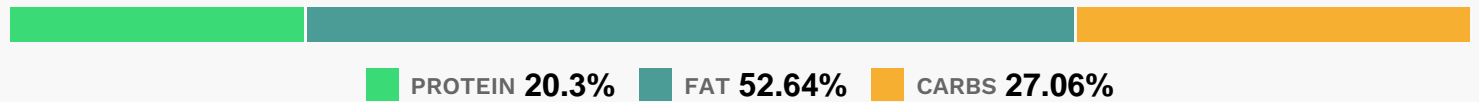
## Equipment

- frying pan
- sauce pan
- oven
- baking pan

## Directions

- Cook beef in skillet until browned.
- Pour off fat.
- Mix beef, 1/2 can soup, Worcestershire and vegetables in 2-quart shallow baking dish.
- Mix water, margarine and remaining soup in saucepan.
- Heat to a boil.
- Remove from heat. Stir in milk. Slowly stir in potatoes. Spoon potatoes over beef mixture.
- Bake at 400 degrees F 20 minutes or until hot.

## Nutrition Facts



## Properties

Glycemic Index:41.69, Glycemic Load:19.07, Inflammation Score:-10, Nutrition Score:28.149130323659%

## Flavonoids

Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

## Nutrients (% of daily need)

Calories: 594.15kcal (29.71%), Fat: 35.11g (54.01%), Saturated Fat: 12.36g (77.24%), Carbohydrates: 40.62g (13.54%), Net Carbohydrates: 33.62g (12.22%), Sugar: 3.44g (3.83%), Cholesterol: 89.81mg (29.94%), Sodium: 853.32mg (37.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.47g (60.93%), Vitamin A: 6213.51IU (124.27%), Vitamin B12: 2.81µg (46.77%), Zinc: 6.6mg (44%), Vitamin B6: 0.84mg (42.21%), Vitamin B3: 8.09mg (40.43%), Vitamin C: 33.05mg (40.06%), Phosphorus: 379.19mg (37.92%), Potassium: 1191.66mg (34.05%), Manganese: 0.68mg (33.95%), Fiber: 7g (27.99%), Iron: 4.85mg (26.97%), Selenium: 18.67µg (26.67%), Vitamin B2: 0.42mg

(24.48%), Copper: 0.47mg (23.41%), Vitamin B1: 0.32mg (21.07%), Magnesium: 83.52mg (20.88%), Folate: 63.4µg (15.85%), Vitamin B5: 1.39mg (13.89%), Calcium: 131.93mg (13.19%), Vitamin E: 0.83mg (5.51%), Vitamin D: 0.62µg (4.11%), Vitamin K: 4.22µg (4.02%)