



Gluten-Free Italian Hamburger Deep Dish

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 1 teaspoon salt
- 0.1 teaspoon pepper
- 1 clove garlic finely chopped
- 2.7 cups water
- 0.3 cup butter
- 1 teaspoon salt
- 2 tablespoons onion instant minced

- 1 teaspoon oregano dried
- 0.7 cup milk
- 2 cups potatoes mashed
- 3 medium tomatoes sliced
- 4 oz mozzarella cheese shredded sliced

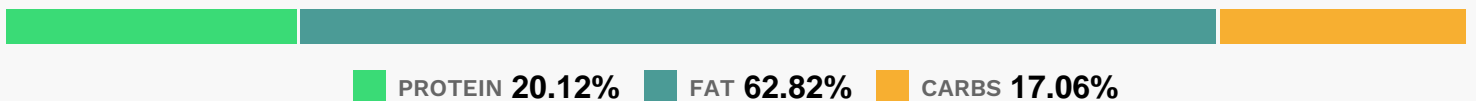
Equipment

- frying pan
- sauce pan
- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 350°F. Grease or spray 11x7-inch (2-quart) glass baking dish. In 10-inch skillet, cook beef, 1 teaspoon salt, the pepper and garlic over medium heat, stirring occasionally, until beef is brown; drain.
- In 3-quart saucepan, heat water, butter, 1 teaspoon salt, the onion and oregano to boiling.
- Remove from heat. Stir in milk and dry potatoes just until moistened.
- Let stand about 30 seconds or until liquid is absorbed; whip with fork until fluffy.
- Spread half of the potato mixture in baking dish.
- Layer with beef and half of the tomatoes. Top with remaining potatoes and tomatoes; sprinkle with cheese.
- Bake uncovered about 30 minutes or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:35.09, Glycemic Load:7.72, Inflammation Score:-7, Nutrition Score:11.791739007701%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 300.77kcal (15.04%), Fat: 21.02g (32.35%), Saturated Fat: 7.81g (48.81%), Carbohydrates: 12.84g (4.28%), Net Carbohydrates: 10.97g (3.99%), Sugar: 2.87g (3.19%), Cholesterol: 53.89mg (17.96%), Sodium: 792.49mg (34.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.15g (30.3%), Vitamin B12: 1.65µg (27.56%), Zinc: 3.12mg (20.82%), Vitamin C: 16.98mg (20.59%), Phosphorus: 204.64mg (20.46%), Vitamin B6: 0.4mg (20.18%), Selenium: 11.54µg (16.48%), Vitamin B3: 3.28mg (16.4%), Vitamin A: 772.28IU (15.45%), Potassium: 536.52mg (15.33%), Calcium: 127.95mg (12.79%), Vitamin B2: 0.18mg (10.75%), Iron: 1.81mg (10.04%), Manganese: 0.17mg (8.55%), Magnesium: 34.15mg (8.54%), Fiber: 1.87g (7.49%), Vitamin K: 7.67µg (7.31%), Copper: 0.14mg (6.87%), Vitamin B1: 0.1mg (6.81%), Vitamin B5: 0.59mg (5.91%), Folate: 21.43µg (5.36%), Vitamin E: 0.79mg (5.27%), Vitamin D: 0.34µg (2.25%)