



Grandma's Ground Beef Casserole

READY IN



75 min.

SERVINGS



6

CALORIES



548 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 30 ounce tomato sauce canned
- ☐ 3 ounce cream cheese
- ☐ 8 ounce extra wide egg noodles
- ☐ 1 teaspoon garlic salt
- ☐ 1 pound ground beef
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sharp cheddar cheese shredded to taste
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 large onion diced white

☐ 1 teaspoon sugar white

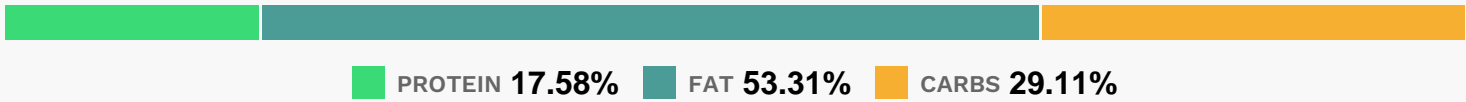
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease.
- ☐ Mix sugar, salt, garlic salt and tomato sauce into ground beef; simmer until flavors blend, about 20 minutes.
- ☐ Remove from heat, cover skillet, and cool to room temperature.
- ☐ Bring a large pot of lightly salted water to a boil. Cook egg noodles in the boiling water, stirring occasionally until cooked through but firm to the bite, about 5 minutes.
- ☐ Drain and cool slightly.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch casserole dish.
- ☐ Mix sour cream, cream cheese, and onion in a bowl.
- ☐ Scoop half the noodles into the prepared casserole dish; top with half the sour cream mixture. Spoon half the ground beef mixture atop sour cream layer. Repeat layering with remaining ingredients. Top casserole with Cheddar cheese.
- ☐ Bake in the preheated oven until Cheddar cheese has browned, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:40.02, Glycemic Load:14.99, Inflammation Score:-8, Nutrition Score:20.795217228972%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 547.69kcal (27.38%), Fat: 32.76g (50.41%), Saturated Fat: 14.86g (92.86%), Carbohydrates: 40.25g (13.42%), Net Carbohydrates: 36.45g (13.26%), Sugar: 9.35g (10.39%), Cholesterol: 131.78mg (43.93%), Sodium: 1624.62mg (70.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.31g (48.62%), Selenium: 47.41µg (67.73%), Phosphorus: 343.49mg (34.35%), Vitamin B12: 1.94µg (32.32%), Zinc: 4.79mg (31.9%), Vitamin B3: 5.48mg (27.38%), Vitamin B6: 0.52mg (26.24%), Manganese: 0.52mg (26.17%), Potassium: 827.89mg (23.65%), Vitamin A: 1161.24IU (23.22%), Vitamin B2: 0.38mg (22.56%), Iron: 3.66mg (20.35%), Vitamin E: 2.83mg (18.89%), Copper: 0.34mg (17.22%), Calcium: 171.96mg (17.2%), Magnesium: 66.21mg (16.55%), Fiber: 3.8g (15.19%), Vitamin C: 12.12mg (14.69%), Vitamin B5: 1.44mg (14.41%), Vitamin B1: 0.16mg (10.4%), Folate: 39.31µg (9.83%), Vitamin K: 6.72µg (6.4%), Vitamin D: 0.25µg (1.64%)