

Gravy Potatoes

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



618 kcal

SAUCE

Ingredients

- ☐ 4 baking potatoes scrubbed
- ☐ 1 cup cream of mushroom soup
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 pound ground beef
- ☐ 1 small onion diced
- ☐ 4 servings salt and pepper to taste
- ☐ 1 cup cheddar cheese shredded

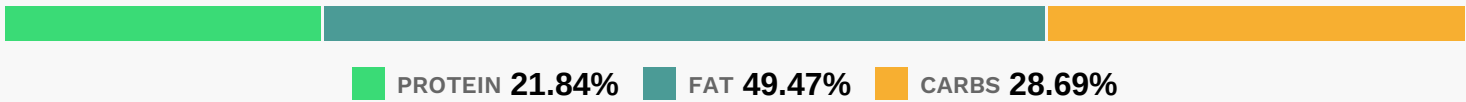
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 450 degrees F (230 degrees C).
- ☐ Place potatoes directly on the oven rack, and bake for 1 hour in the preheated oven, or until tender.
- ☐ While the potatoes are baking, place ground beef and onion in a large skillet, and cook over medium-high heat until evenly browned.
- ☐ Drain grease, then stir in the soup and garlic powder. Season with salt and pepper to taste.
- ☐ Heat through until bubbly, then set aside and wait for the potatoes.
- ☐ When the potatoes are ready, reduce the oven temperature to 350 degrees F (175 degrees C).
- ☐ Place the potatoes into a 9x13 inch baking dish, and split them in half lengthwise. Break up the centers of the potatoes with a fork, then pour the ground beef mixture over the top.
- ☐ Sprinkle with shredded cheese.
- ☐ Bake for 10 to 15 minutes in the preheated oven, until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:35.94, Glycemic Load:30.83, Inflammation Score:-5, Nutrition Score:23.86956507745%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 618.23kcal (30.91%), Fat: 33.99g (52.29%), Saturated Fat: 14.94g (93.4%), Carbohydrates: 44.36g (14.79%), Net Carbohydrates: 41.14g (14.96%), Sugar: 2.16g (2.41%), Cholesterol: 111.91mg (37.3%), Sodium: 912.77mg

(39.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.76g (67.53%), Vitamin B6: 1.17mg (58.65%), Zinc: 7.13mg (47.53%), Vitamin B12: 2.83µg (47.12%), Phosphorus: 450.6mg (45.06%), Vitamin B3: 7.6mg (38.01%), Potassium: 1325.58mg (37.87%), Selenium: 26.03µg (37.19%), Manganese: 0.56mg (28.22%), Calcium: 254.79mg (25.48%), Iron: 4.58mg (25.43%), Vitamin B2: 0.41mg (23.87%), Copper: 0.43mg (21.64%), Magnesium: 82.35mg (20.59%), Vitamin B1: 0.25mg (16.93%), Vitamin C: 13.44mg (16.29%), Vitamin B5: 1.47mg (14.71%), Fiber: 3.23g (12.91%), Folate: 51.6µg (12.9%), Vitamin K: 6.62µg (6.31%), Vitamin A: 285.55IU (5.71%), Vitamin E: 0.7mg (4.69%), Vitamin D: 0.28µg (1.89%)