



Ground Beef and Potatoes Dinner

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz baked beans canned
- 0.5 cup original barbecue sauce kraft
- 2 carrots thinly sliced
- 1 lb ground beef lean
- 1 large onion chopped
- 1 cup cheddar cheese shredded kraft
- 1 cup water
- 6 oz yukon gold potatoes finely chopped

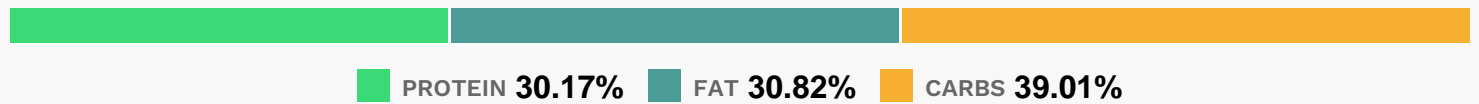
Equipment

- frying pan

Directions

- Brown meat in large nonstick skillet; drain.
- Add next 3 ingredients; mix well. Cook 5 min., stirring occasionally.
- Stir in water; cover. Simmer on medium-low heat 10 min. or until vegetables are tender, stirring occasionally.
- Add beans and barbecue sauce; mix well. Cook 5 min. or until heated through, stirring occasionally. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:56.81, Glycemic Load:13.5, Inflammation Score:-10, Nutrition Score:29.36173932967%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg

Nutrients (% of daily need)

Calories: 497.53kcal (24.88%), Fat: 17.19g (26.44%), Saturated Fat: 8.62g (53.89%), Carbohydrates: 48.96g (16.32%), Net Carbohydrates: 40.76g (14.82%), Sugar: 15.33g (17.03%), Cholesterol: 105.5mg (35.17%), Sodium: 1066.66mg (46.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.86g (75.72%), Vitamin A: 5460.08IU (109.2%), Zinc: 8.58mg (57.23%), Phosphorus: 514.01mg (51.4%), Selenium: 33.2µg (47.43%), Vitamin B12: 2.84µg (47.33%), Vitamin B3: 7.69mg (38.47%), Vitamin B6: 0.77mg (38.34%), Fiber: 8.21g (32.82%), Potassium: 1135.03mg (32.43%), Calcium: 299.89mg (29.99%), Manganese: 0.57mg (28.72%), Iron: 5.16mg (28.68%), Vitamin B2: 0.41mg (23.9%), Magnesium: 88.74mg (22.19%), Copper: 0.42mg (20.97%), Vitamin C: 15.15mg (18.36%), Folate: 67.76µg (16.94%), Vitamin B5: 1.26mg (12.58%), Vitamin B1: 0.19mg (12.46%), Vitamin E: 1.03mg (6.86%), Vitamin K: 6.65µg (6.33%), Vitamin D: 0.28µg (1.89%)