



## Hamburger Crunch

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



889 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon chili powder
- 4 cups corn chips
- 2 pounds ground beef
- 1 tablespoon onion minced
- 8 oz cheddar cheese shredded
- 21.5 oz all natural tomato soup canned

### Equipment

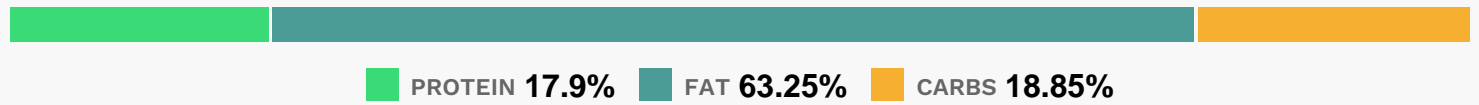
- frying pan

- oven
- baking pan

## Directions

- Brown ground beef and onion together in a large skillet over medium heat; drain. Stir in soup and chili powder.
- Spread in an ungreased 13"x9" baking pan; top with corn chips.
- Bake, uncovered, at 350 degrees for 20 to 25 minutes.
- Remove from oven; sprinkle with cheese.
- Bake for an additional 5 minutes, until cheese melts.

## Nutrition Facts



## Properties

Glycemic Index:15.33, Glycemic Load:2.36, Inflammation Score:-7, Nutrition Score:27.640869285749%

## Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 888.59kcal (44.43%), Fat: 63.02g (96.95%), Saturated Fat: 21.45g (134.05%), Carbohydrates: 42.27g (14.09%), Net Carbohydrates: 37.84g (13.76%), Sugar: 4.85g (5.39%), Cholesterol: 145.15mg (48.38%), Sodium: 789.68mg (34.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.12g (80.23%), Vitamin B12: 3.64µg (60.6%), Zinc: 8.76mg (58.37%), Phosphorus: 559.82mg (55.98%), Selenium: 38.52µg (55.03%), Vitamin E: 6.54mg (43.62%), Calcium: 411.44mg (41.14%), Vitamin B3: 8.19mg (40.93%), Vitamin B6: 0.77mg (38.69%), Vitamin B2: 0.49mg (28.98%), Iron: 5.08mg (28.22%), Magnesium: 99.13mg (24.78%), Potassium: 828.4mg (23.67%), Manganese: 0.47mg (23.36%), Copper: 0.35mg (17.69%), Fiber: 4.42g (17.68%), Vitamin B5: 1.53mg (15.33%), Vitamin A: 696.03IU (13.92%), Vitamin K: 13.07µg (12.45%), Vitamin B1: 0.18mg (12.09%), Vitamin C: 9.47mg (11.48%), Folate: 36.83µg (9.21%), Vitamin D: 0.38µg (2.52%)