



Hamburger Potato Casserole

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



316 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 1 pound ground beef lean
- 0.8 cup milk
- 0.5 cup onion chopped
- 6 servings pepper freshly ground to taste
- 3 cups potatoes peeled thinly sliced
- 6 servings salt to taste
- 1 cup cheddar cheese shredded

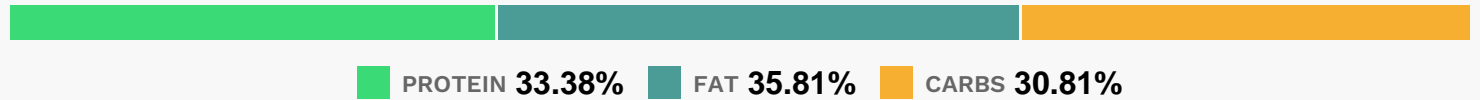
Equipment

- frying pan
- oven
- mixing bowl
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium skillet over medium heat, brown the ground beef; drain fat.
- In a medium mixing bowl, combine cream of mushroom soup, onion, milk, salt and pepper to taste.
- Alternately layer the potatoes, soup mixture and meat in a 11x7 inch (2 quart) baking dish.
- Bake in the preheated oven for 1 to 1 1/2 hours, or until potatoes are tender. Top with Cheddar cheese, and continue baking until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:14.38, Inflammation Score:-5, Nutrition Score:17.481304386388%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 316.13kcal (15.81%), Fat: 12.49g (19.21%), Saturated Fat: 6.53g (40.8%), Carbohydrates: 24.18g (8.06%), Net Carbohydrates: 21.51g (7.82%), Sugar: 2.91g (3.24%), Cholesterol: 71.9mg (23.97%), Sodium: 745.42mg (32.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.19g (52.38%), Zinc: 5.55mg (37.01%), Vitamin B12: 2.14µg (35.65%), Phosphorus: 345.35mg (34.54%), Vitamin B6: 0.67mg (33.72%), Vitamin B3: 5.78mg (28.88%), Selenium: 19.45µg (27.79%), Vitamin C: 21.67mg (26.27%), Potassium: 848.71mg (24.25%), Calcium: 195.73mg (19.57%), Vitamin B2: 0.31mg (18.51%), Manganese: 0.35mg (17.71%), Iron: 3.04mg (16.91%), Copper: 0.29mg (14.32%),

Magnesium: 54.59mg (13.65%), Vitamin B5: 1.1mg (11.02%), Fiber: 2.66g (10.65%), Vitamin B1: 0.15mg (10.26%), Folate: 30.64µg (7.66%), Vitamin A: 241.03IU (4.82%), Vitamin D: 0.52µg (3.49%), Vitamin K: 2.98µg (2.84%), Vitamin E: 0.38mg (2.55%)