



Italian-Style Meat and Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground beef
- 1 large onion chopped
- 16 ounce parmesan
- 4 ounces part-skim mozzarella cheese shredded
- 0.5 teaspoon pepper
- 22 ounce potatoes frozen mashed
- 0.3 teaspoon salt
- 26 ounce tomato basil sauce sweet

Equipment

- frying pan
- paper towels
- oven
- baking pan

Directions

- Cook ground beef and next 3 ingredients in a large skillet coated with cooking spray until beef crumbles and is no longer pink.
- Drain well, and pat dry with paper towels.
- Stir together beef mixture and pasta sauce. Spoon into a 13- x 9-inch baking dish coated with cooking spray.
- Prepare potatoes according to package directions, using fat-free milk. Stir together mashed potatoes and cheese sauce.
- Spread over beef mixture.
- Bake at 350 for 30 minutes.
- Sprinkle with cheese, and bake 5 more minutes or until cheese melts.
- Note: For testing purposes only, we used Rag Sundried Tomato & Sweet Basil sauce and Ragu Cheese Creations Parmesan & Mozzarella sauce.

Nutrition Facts

 **PROTEIN 33.73%**  **FAT 42.77%**  **CARBS 23.5%**

Properties

Glycemic Index:21.22, Glycemic Load:10.87, Inflammation Score:-7, Nutrition Score:21.308260720709%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

Nutrients (% of daily need)

Calories: 470.12kcal (23.51%), Fat: 22.04g (33.91%), Saturated Fat: 12.4g (77.49%), Carbohydrates: 27.25g (9.08%), Net Carbohydrates: 22.24g (8.09%), Sugar: 8.65g (9.61%), Cholesterol: 82.78mg (27.59%), Sodium: 1458.04mg (63.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.12g (78.23%), Calcium: 831.02mg (83.1%), Phosphorus: 621.46mg (62.15%), Selenium: 25µg (35.71%), Vitamin B12: 2.07µg (34.44%), Zinc: 5.1mg (33.97%), Vitamin B6: 0.54mg (26.83%), Potassium: 912.35mg (26.07%), Vitamin C: 21.17mg (25.66%), Vitamin A: 1066.43IU (21.33%), Vitamin B2: 0.35mg (20.75%), Vitamin B3: 4.13mg (20.64%), Fiber: 5.01g (20.06%), Iron: 3.04mg (16.89%), Magnesium: 60.7mg (15.18%), Manganese: 0.18mg (8.9%), Vitamin B5: 0.89mg (8.88%), Vitamin B1: 0.12mg (7.94%), Copper: 0.16mg (7.93%), Folate: 24.14µg (6.03%), Vitamin K: 3.12µg (2.97%), Vitamin D: 0.38µg (2.55%), Vitamin E: 0.32mg (2.11%)