



Jacob's Coat Casserole

 **Gluten Free**  **Dairy Free**

READY IN



90 min.

SERVINGS



6

CALORIES



626 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce peas canned
- 15 ounce carrots drained canned
- 15 ounce green beans drained canned
- 1 pound ground beef
- 4 cups potatoes instant prepared mashed
- 1 onion chopped
- 0.5 pound processed cheese food sliced
- 15 ounce corn whole drained canned

Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large skillet over medium high heat, saute the beef and onion for 5 to 10 minutes, or until meat is browned.
- Drain excess fat and place this mixture in the bottom of a lightly greased 9x13 inch baking dish.
- Layer the green beans, carrots, corn and peas over the beef mixture.
- Place the cheese over the vegetables.
- Prepare the potatoes according to package directions, but add some extra milk or water to make it a little runny. Cover the entire casserole with the potatoes.
- Bake at 350 degrees F (175 degrees C) for 1 hour, or until potatoes get slightly crusty and the sides of the dish are bubbly.

Nutrition Facts



PROTEIN 18.32% **FAT 41.22%** **CARBS 40.46%**

Properties

Glycemic Index:24.47, Glycemic Load:4.4, Inflammation Score:-10, Nutrition Score:34.874347826087%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 625.77kcal (31.29%), Fat: 29g (44.61%), Saturated Fat: 12.98g (81.1%), Carbohydrates: 64.05g (21.35%), Net Carbohydrates: 54.86g (19.95%), Sugar: 10.91g (12.13%), Cholesterol: 91.47mg (30.49%), Sodium: 1024.41mg (44.54%), Protein: 29.01g (58.01%), Vitamin A: 13774.84IU (275.5%), Vitamin C: 53.32mg (64.63%), Vitamin K: 60.4µg (57.52%), Phosphorus: 554.9mg (55.49%), Calcium: 488.83mg (48.88%), Vitamin B6: 0.83mg (41.48%), Vitamin B3: 8.23mg (41.13%), Vitamin B1: 0.61mg (40.79%), Selenium: 25.84µg (36.92%), Fiber: 9.19g (36.75%), Zinc: 5.46mg (36.41%), Vitamin B12: 2.18µg (36.41%), Potassium: 1253.66mg (35.82%), Manganese: 0.55mg (27.74%), Folate: 104.62µg (26.15%), Magnesium: 98.4mg (24.6%), Iron: 4.24mg (23.56%), Vitamin B2: 0.39mg (23.04%), Vitamin B5: 1.8mg (18.03%), Copper: 0.31mg (15.4%), Vitamin E: 1.4mg (9.34%), Vitamin D: 0.3µg (2.02%)