

Jiffy Casserole

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

READY IN



100 min.

SERVINGS



6

CALORIES



400 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 1 pound ground beef
- 2 onion sliced
- 6 servings paprika to taste
- 5 potatoes cubed peeled
- 6 servings salt and pepper to taste
- 1 tablespoon vegetable oil
- 0.3 cup water

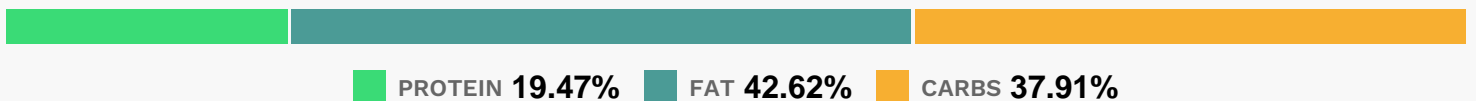
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Heat a large skillet over medium heat and pour in oil.
- Saute onion in oil until browned, 5 to 10 minutes. Set aside. In the same skillet over medium heat, saute the ground beef for 5 to 10 minutes, or until browned.
- Place a layer of potatoes into a lightly greased 9x13 inch baking dish.
- Sprinkle with salt and pepper to taste and then spread a layer of ground beef over the potatoes, followed by a layer of onions.
- Repeat layers, ending with potatoes. In a medium bowl, combine the soup with the water.
- Mix well and pour over the casserole mixture.
- Sprinkle with paprika to taste.
- Cover pan and bake in preheated oven for 1 hour.

Nutrition Facts



Properties

Glycemic Index:20.96, Glycemic Load:23.51, Inflammation Score:-8, Nutrition Score:19.353043411089%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg

Nutrients (% of daily need)

Calories: 400.02kcal (20%), Fat: 19.06g (29.32%), Saturated Fat: 6.86g (42.88%), Carbohydrates: 38.15g (12.72%), Net Carbohydrates: 32.83g (11.94%), Sugar: 3.15g (3.5%), Cholesterol: 56.21mg (18.74%), Sodium: 618.53mg (26.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.59g (39.18%), Vitamin C: 37.7mg (45.7%), Vitamin B6: 0.87mg (43.75%), Potassium: 1114.56mg (31.84%), Zinc: 4.38mg (29.23%), Vitamin B3: 5.77mg (28.84%), Vitamin B12: 1.7µg (28.32%), Manganese: 0.51mg (25.56%), Phosphorus: 252.26mg (25.23%), Fiber: 5.33g (21.31%), Iron: 3.71mg (20.6%), Vitamin A: 989.36IU (19.79%), Copper: 0.37mg (18.48%), Selenium: 12.18µg (17.4%), Magnesium: 64.56mg (16.14%), Vitamin B1: 0.21mg (13.88%), Vitamin B2: 0.23mg (13.74%), Folate: 45.19µg (11.3%), Vitamin B5: 1.1mg (10.97%), Vitamin K: 10.65µg (10.15%), Vitamin E: 1.1mg (7.35%), Calcium: 50.37mg (5.04%)