



Layered Beef and Potato Casserole

 Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



505 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb ground beef 80% lean (at least)
- 2 cups savory vegetable mixed frozen (from 1-lb bag)
- 12 oz gravy
- 0.5 teaspoon salt
- 28 oz potatoes frozen with peppers and onions, thawed
- 8 oz swiss cheese shredded

Equipment

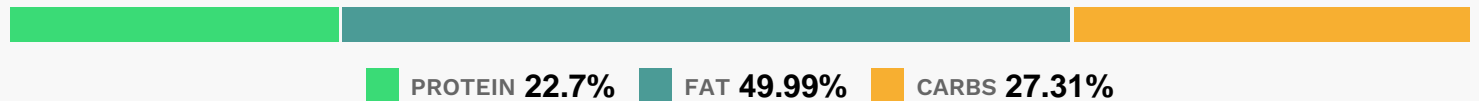
- frying pan

- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 350°F. Spray 12x8-inch (2-quart) glass baking dish with cooking spray. In 10-inch skillet, cook ground beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in mixed vegetables, gravy and salt. Cook 3 to 4 minutes or until vegetables are thawed and mixture is thoroughly heated.
- In baking dish, layer 3 cups of the potatoes and 1 cup of the cheese. Spoon ground beef mixture over cheese. Top with remaining potatoes. Cover with foil.
- Bake 55 to 60 minutes or until bubbly.
- Remove foil.
- Sprinkle with remaining 1 cup cheese.
- Bake uncovered 5 minutes longer or until cheese is melted.
- Sprinkle with paprika before serving.

Nutrition Facts



Properties

Glycemic Index:25.96, Glycemic Load:19.65, Inflammation Score:-9, Nutrition Score:23.746956638668%

Flavonoids

Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 505.08kcal (25.25%), Fat: 28.23g (43.43%), Saturated Fat: 13.25g (82.84%), Carbohydrates: 34.7g (11.57%), Net Carbohydrates: 29.37g (10.68%), Sugar: 1.99g (2.21%), Cholesterol: 93.36mg (31.12%), Sodium: 610.5mg (26.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.84g (57.67%), Vitamin A: 3397.03IU (67.94%), Vitamin B12: 2.76µg (45.99%), Phosphorus: 447.62mg (44.76%), Vitamin C: 32.37mg (39.24%), Calcium: 381.18mg (38.12%), Zinc: 5.47mg (36.46%), Vitamin B6: 0.72mg (35.96%), Selenium: 23.36µg (33.37%), Vitamin B3: 5.37mg

(26.86%), Potassium: 916.58mg (26.19%), Fiber: 5.34g (21.35%), Vitamin B2: 0.32mg (18.84%), Manganese: 0.36mg (18.02%), Magnesium: 70.32mg (17.58%), Iron: 3.13mg (17.36%), Vitamin B1: 0.22mg (14.43%), Copper: 0.26mg (13.17%), Folate: 47.45µg (11.86%), Vitamin B5: 1.03mg (10.32%), Vitamin K: 4.4µg (4.19%), Vitamin E: 0.55mg (3.67%)