



Mashed Potato Hot Dish

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



507 kcal

SIDE DISH

Ingredients

- 1 pound ground beef
- 10 ounces cream of chicken soup undiluted canned
- 2 cups green beans frozen french-style
- 2 cups potatoes (with milk and butter) hot prepared mashed
- 0.5 cup cheddar cheese shredded

Equipment

- frying pan
- oven

baking pan

Directions

- In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in soup and beans.
- Transfer to a greased 2-qt. baking dish. Top with mashed potatoes; sprinkle with cheese.
- Bake, uncovered, at 350° for 20-25 minutes or until bubbly and cheese is melted.

Nutrition Facts

 **PROTEIN 21.77%**  **FAT 56.45%**  **CARBS 21.78%**

Properties

Glycemic Index:49.94, Glycemic Load:16.78, Inflammation Score:-6, Nutrition Score:21.468695386596%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 507.35kcal (25.37%), Fat: 31.79g (48.9%), Saturated Fat: 12.67g (79.19%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 23.8g (8.65%), Sugar: 3.04g (3.38%), Cholesterol: 100.31mg (33.44%), Sodium: 675.49mg (29.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.58g (55.15%), Vitamin B12: 2.58µg (42.94%), Zinc: 5.9mg (39.34%), Vitamin B6: 0.76mg (38.17%), Phosphorus: 346.58mg (34.66%), Vitamin C: 27.47mg (33.29%), Vitamin B3: 6.59mg (32.94%), Selenium: 23µg (32.86%), Vitamin K: 30.93µg (29.46%), Potassium: 909.88mg (26%), Iron: 4.36mg (24.22%), Vitamin B2: 0.35mg (20.8%), Manganese: 0.34mg (17.02%), Calcium: 163.15mg (16.31%), Magnesium: 63.83mg (15.96%), Copper: 0.32mg (15.8%), Fiber: 3.8g (15.18%), Vitamin A: 652.12IU (13.04%), Vitamin B1: 0.19mg (12.74%), Vitamin B5: 1.2mg (11.98%), Folate: 47.27µg (11.82%), Vitamin E: 1.19mg (7.93%), Vitamin D: 0.2µg (1.32%)