



Meandus' Easy Dinner

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

READY IN



20 min.

SERVINGS



5

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce cut green beans french canned
- 1 pound ground beef
- 12 hash brown patties frozen thawed
- 5 servings bell pepper to taste
- 5 servings salt to taste
- 10 ounce kernel corn whole canned

Equipment

- frying pan

sauce pan

pot

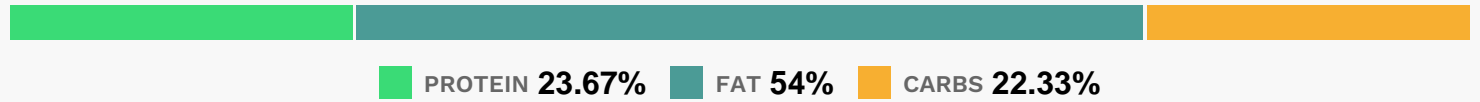
Directions

Place the ground beef in a skillet over medium-high heat. Cook, stirring, until evenly browned.

Drain off grease.

Transfer the beef to a large saucepan or soup pot. Stir in the green beans and corn. Break hash brown patties into pieces, and stir them in. Cook until thoroughly heated. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:21.8, Glycemic Load:2.67, Inflammation Score:-9, Nutrition Score:22.699565270673%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 319.21kcal (15.96%), Fat: 19.37g (29.81%), Saturated Fat: 7.17g (44.84%), Carbohydrates: 18.03g (6.01%), Net Carbohydrates: 14.21g (5.17%), Sugar: 5.81g (6.45%), Cholesterol: 64.41mg (21.47%), Sodium: 355.43mg (15.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.1g (38.21%), Vitamin C: 106.55mg (129.15%), Vitamin A: 2899.87IU (58%), Vitamin K: 40.64µg (38.7%), Vitamin B12: 1.94µg (32.36%), Vitamin B6: 0.63mg (31.39%), Zinc: 4.34mg (28.93%), Vitamin B3: 5.65mg (28.25%), Phosphorus: 218.32mg (21.83%), Folate: 84.29µg (21.07%), Selenium: 14.18µg (20.26%), Potassium: 648.26mg (18.52%), Vitamin B2: 0.29mg (17.17%), Iron: 3.08mg (17.09%), Manganese: 0.31mg (15.29%), Fiber: 3.82g (15.27%), Magnesium: 51.42mg (12.86%), Vitamin E: 1.89mg (12.57%), Vitamin B1: 0.16mg (10.5%), Vitamin B5: 0.88mg (8.84%), Copper: 0.14mg (7.24%), Calcium: 53.46mg (5.35%)