

# Mexican-Style Ground Beef & Potato Bake

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup knudsen cream sour
- 1 lb ground beef lean
- 1 bell pepper red cut into strips
- 24 oz ore-ida steam n' mash cut russet potatoes
- 8 oz cheddar cheese shredded kraft
- 1 oz taco bellâ® taco seasoning mix

## Equipment

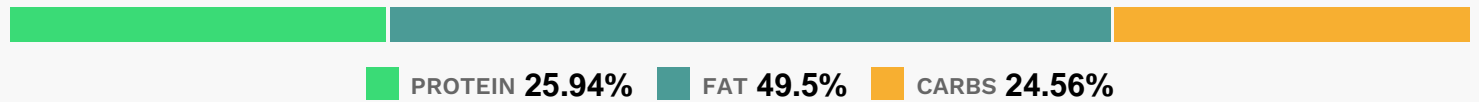
- frying pan

- oven
- baking pan
- microwave

## Directions

- Heat oven to 350F.
- Brown meat in large skillet. Meanwhile, microwave potatoes as directed on package, except reduce the microwaving time to 5 min.
- Drain meat; return to skillet. Stir in seasoning mix.
- Add sour cream and cheese; mix well. Gently stir in potatoes.
- Spoon into 13x9-inch baking dish sprayed with cooking spray; top with peppers.
- Bake 20 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:17.97, Glycemic Load:12.46, Inflammation Score:-7, Nutrition Score:15.859565289124%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 327.99kcal (16.4%), Fat: 18.16g (27.94%), Saturated Fat: 9.65g (60.33%), Carbohydrates: 20.28g (6.76%), Net Carbohydrates: 18.2g (6.62%), Sugar: 2.89g (3.21%), Cholesterol: 80.47mg (26.82%), Sodium: 522.49mg (22.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.41g (42.83%), Phosphorus: 314.6mg (31.46%), Vitamin C: 25.74mg (31.2%), Vitamin B6: 0.59mg (29.52%), Zinc: 4.31mg (28.7%), Selenium: 19.31µg (27.58%), Vitamin B12: 1.63µg (27.18%), Vitamin A: 1262.2IU (25.24%), Calcium: 246.67mg (24.67%), Vitamin B3: 4.18mg (20.91%), Potassium: 639.98mg (18.29%), Vitamin B2: 0.31mg (17.96%), Iron: 2.45mg (13.61%), Magnesium: 44.35mg (11.09%), Vitamin B5: 0.88mg (8.81%), Fiber: 2.08g (8.34%), Manganese: 0.16mg (8.09%), Vitamin B1: 0.12mg (7.67%), Copper: 0.15mg (7.42%), Folate: 29.26µg (7.32%), Vitamin E: 0.72mg (4.83%), Vitamin K: 3.54µg (3.37%), Vitamin D: 0.23µg (1.51%)