



## Mommy's Surprise

READY IN



30 min.

SERVINGS



6

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 10.8 ounce cream of mushroom soup canned
- 1 bell pepper diced green
- 1 pound ground beef
- 1 small onion diced
- 2 cups cheddar cheese shredded
- 6 kaiser rolls split

## Equipment

- frying pan

- oven
- aluminum foil

## Directions

- In a large skillet over medium-high heat, brown the ground beef with the onion, green pepper, and mushrooms.
- Drain off excess grease. Reduce heat to medium, and stir in the cream of mushroom soup.
- Mix in the Cheddar cheese until blended, then remove from heat.
- Preheat the oven to 350 degrees F (175 degrees C). Scoop out the centers of the Kaiser rolls on both the top and bottom. Spoon the ground beef mixture into the rolls. Wrap each one in aluminum foil.
- Bake for 20 minutes in the preheated oven, or until the rolls are toasted.

## Nutrition Facts



## Properties

Glycemic Index:22.83, Glycemic Load:23.51, Inflammation Score:-4, Nutrition Score:16.779565303222%

## Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

## Nutrients (% of daily need)

Calories: 558.56kcal (27.93%), Fat: 31.39g (48.3%), Saturated Fat: 13.66g (85.37%), Carbohydrates: 38.09g (12.7%), Net Carbohydrates: 36.39g (13.23%), Sugar: 5.43g (6.03%), Cholesterol: 93.88mg (31.29%), Sodium: 950.69mg (41.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.79g (59.58%), Iron: 12.62mg (70.14%), Vitamin B12: 2.1µg (34.97%), Zinc: 5.15mg (34.31%), Selenium: 22.06µg (31.51%), Phosphorus: 314.04mg (31.4%), Calcium: 293mg (29.3%), Vitamin C: 16.81mg (20.37%), Vitamin B3: 3.78mg (18.91%), Vitamin B2: 0.32mg (18.66%), Vitamin B6: 0.35mg (17.45%), Manganese: 0.2mg (10.15%), Potassium: 348.86mg (9.97%), Vitamin A: 451.04IU (9.02%), Copper: 0.18mg (8.89%), Magnesium: 29.73mg (7.43%), Fiber: 1.7g (6.81%), Vitamin B5: 0.67mg (6.66%), Folate: 20.96µg (5.24%), Vitamin B1: 0.07mg (4.68%), Vitamin E: 0.67mg (4.45%), Vitamin K: 3.78µg (3.6%), Vitamin D: 0.3µg (2.01%)