



WHATSheATE



Philly Cheese and Ground Beef Casserole

🤍 Popular

READY IN



60 min.

SERVINGS



8

CALORIES



668 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16.3 oz grands flaky refrigerator biscuits pillsbury® canned
- ☐ 2 tablespoons butter
- ☐ 2 cloves garlic finely chopped
- ☐ 1.5 lb ground beef 80% lean (at least)
- ☐ 8 oz mushrooms sliced
- ☐ 2 large onion halved thinly sliced into wedges
- ☐ 0.5 teaspoon pepper
- ☐ 8 oz provolone cheese

- ☐ 2 medium bell pepper red cut into strips
- ☐ 1 teaspoon salt

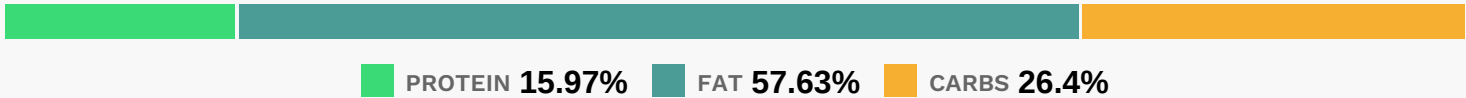
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) baking dish with cooking spray.
- ☐ In 12-inch skillet, cook beef, mushrooms, salt and pepper over medium-high heat 7 to 9 minutes, stirring frequently, until beef is thoroughly cooked; drain.
- ☐ Place in baking dish. Arrange cheese over beef mixture, overlapping slices if needed.
- ☐ In same skillet, melt butter over medium-high heat.
- ☐ Add onions and bell peppers. Cook over medium-high heat 3 to 5 minutes, stirring frequently, until peppers are crisp-tender. Stir in garlic; cook 1 to 2 minutes longer. Spoon over cheese in baking dish.
- ☐ Separate dough into 8 biscuits. On lightly floured surface, pat biscuits into 5-inch circles. Arrange biscuits over vegetable mixture.
- ☐ Bake 35 to 40 minutes or until biscuits are golden brown on top.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:24.71, Inflammation Score:-8, Nutrition Score:21.908695578575%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg

Nutrients (% of daily need)

Calories: 668kcal (33.4%), Fat: 42.73g (65.74%), Saturated Fat: 16.69g (104.29%), Carbohydrates: 44.04g (14.68%), Net Carbohydrates: 41.7g (15.16%), Sugar: 16.04g (17.83%), Cholesterol: 79.95mg (26.65%), Sodium: 794.93mg (34.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.64g (53.27%), Vitamin C: 41.69mg (50.53%), Vitamin B12: 2.25µg (37.48%), Phosphorus: 358.25mg (35.83%), Vitamin B3: 6.9mg (34.5%), Zinc: 5.05mg (33.67%), Selenium: 23.42µg (33.45%), Vitamin B2: 0.55mg (32.35%), Vitamin A: 1357.32IU (27.15%), Vitamin B6: 0.51mg (25.37%), Calcium: 251.84mg (25.18%), Iron: 3.89mg (21.64%), Folate: 81.28µg (20.32%), Vitamin B1: 0.3mg (20.27%), Manganese: 0.38mg (19.14%), Vitamin E: 2.41mg (16.09%), Potassium: 533.46mg (15.24%), Vitamin B5: 1.31mg (13.1%), Copper: 0.23mg (11.26%), Magnesium: 40.87mg (10.22%), Vitamin K: 10.33µg (9.84%), Fiber: 2.34g (9.38%), Vitamin D: 0.28µg (1.89%)