



Poor Man's Pie

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



417 kcal

Ingredients

- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 pinch garlic powder to taste
- ☐ 30 ounce green beans drained canned
- ☐ 1 pound ground beef
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1 pinch onion powder to taste
- ☐ 5 cups potatoes mashed
- ☐ 2 cups cheddar cheese shredded

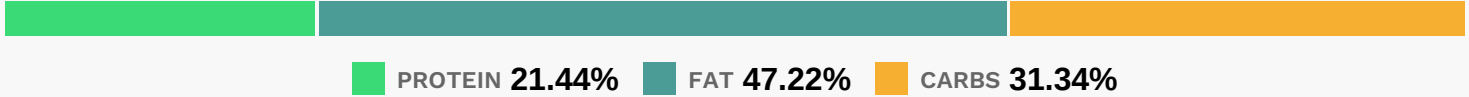
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cook and stir ground beef in a large skillet over medium heat until browned and crumbly, about 10 minutes; season with salt, black pepper, garlic powder, and onion powder.
- ☐ Drain excess grease. Stir cream of mushroom soup and green beans into ground beef and bring to a simmer.
- ☐ Spread ground beef mixture into a 9x13-inch casserole dish.
- ☐ Spread mashed potatoes evenly over ground beef mixture.
- ☐ Sprinkle Cheddar cheese over the top.
- ☐ Bake in the preheated oven until heated through, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:24.22, Glycemic Load:19.07, Inflammation Score:-8, Nutrition Score:23.055217421573%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 417.25kcal (20.86%), Fat: 22.22g (34.18%), Saturated Fat: 10.32g (64.5%), Carbohydrates: 33.18g (11.06%), Net Carbohydrates: 27.3g (9.93%), Sugar: 4.59g (5.1%), Cholesterol: 70.41mg (23.47%), Sodium: 507.21mg (22.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.69g (45.38%), Vitamin K: 50.07µg (47.69%), Vitamin C: 38.86mg (47.1%), Vitamin B6: 0.76mg (37.82%), Phosphorus: 345.84mg (34.58%), Zinc: 4.47mg (29.79%), Potassium: 1002.43mg (28.64%), Manganese: 0.57mg (28.39%), Calcium: 267.47mg (26.75%), Vitamin B12: 1.57µg (26.23%), Selenium: 17.56µg (25.08%), Vitamin B3: 4.92mg (24.6%), Fiber: 5.88g (23.52%), Vitamin B2: 0.38mg (22.6%), Vitamin A: 1019.78IU (20.4%), Iron: 3.55mg (19.7%), Magnesium: 77.02mg (19.26%), Folate: 68.75µg

(17.19%), Copper: 0.34mg (16.87%), Vitamin B1: 0.23mg (15.54%), Vitamin B5: 1.1mg (11.04%), Vitamin E: 0.89mg (5.97%), Vitamin D: 0.23µg (1.51%)