

Potato Chip Casserole

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



321 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 21.5 ounce cream of mushroom soup undiluted canned
- 15 ounce green beans drained canned
- 1 pound ground beef
- 8 ounce mozzarella cheese shredded
- 11 ounce corn whole drained canned

Equipment

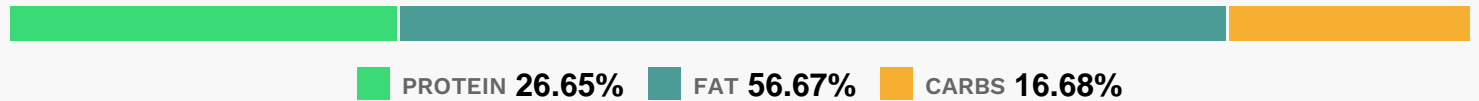
- frying pan
- oven

baking pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Crumble the ground beef into a large skillet over medium-high heat. Cook and stir until evenly browned.
- Drain off the grease. Stir in the green beans and corn, and cook for a few minutes.
- Mix in the cans of soup until well blended.
- Transfer to a 9x13 inch baking dish. Top with shredded cheese and crushed potato chips.
- Bake for about 15 minutes in the preheated oven, until the cheese melts and the chips are toasted. If you like crispier chips, you can sprinkle them on top after the cheese has melted, and bake for another 5 minutes.

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:1.21, Inflammation Score:-5, Nutrition Score:13.732608551564%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 320.86kcal (16.04%), Fat: 20.18g (31.04%), Saturated Fat: 9.11g (56.91%), Carbohydrates: 13.36g (4.45%), Net Carbohydrates: 11.78g (4.28%), Sugar: 2.02g (2.25%), Cholesterol: 66.46mg (22.15%), Sodium: 822.65mg (35.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.35g (42.7%), Vitamin B12: 1.98µg (33.03%), Zinc: 4.27mg (28.48%), Phosphorus: 248.22mg (24.82%), Vitamin K: 24.53µg (23.36%), Selenium: 13.64µg (19.49%), Vitamin B3: 3.81mg (19.03%), Manganese: 0.38mg (18.97%), Calcium: 176.87mg (17.69%), Vitamin B2: 0.27mg (15.94%), Vitamin B6: 0.3mg (14.95%), Iron: 2.39mg (13.28%), Potassium: 428.01mg (12.23%), Copper: 0.24mg (11.94%), Vitamin A: 558.41IU (11.17%), Folate: 40.13µg (10.03%), Magnesium: 38.22mg (9.55%), Vitamin C: 7.15mg (8.66%), Vitamin B1: 0.1mg (6.5%), Fiber: 1.59g (6.35%), Vitamin B5: 0.59mg (5.89%), Vitamin E: 0.5mg (3.36%), Vitamin D: 0.17µg (1.13%)