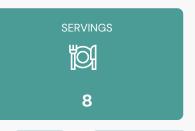


Potato Pizza Casserole

Gluten Free



1 small onion chopped





SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

0.5 teaspoon brown sugar
10.8 ounce condensed cheddar cheese soup canned
10.8 ounce condensed tomato soup canned
O.3 teaspoon garlic powder
1 pound ground beef
0.3 teaspoon penzey's southwest seasoning italian
0.5 cup milk

	0.5 teaspoon oregano dried	
	3 ounce pepperoni chopped	
	5 cups potatoes peeled thinly sliced	
	8 servings salt and pepper to taste	
	8 ounces mozzarella cheese shredded	
Εq	juipment	
	frying pan	
	sauce pan	
	oven	
	baking pan	
	aluminum foil	
Directions		
	Preheat the oven to 350 degrees F (175 degrees C). Cook the ground beef and onion in a large skillet over medium heat until evenly browned.	
	Drain off grease. Season with salt, pepper, and garlic powder.	
	Spread the sliced potatoes in a layer on the bottom of a 9x13 inch baking dish.	
	Spread the ground beef and onion over the potatoes.	
	Place slices of pepperoni over the ground beef. In a saucepan over medium heat, combine the tomato soup, Cheddar cheese soup, and milk. Season with oregano, Italian seasoning, and brown sugar.	
	Mix well, and cook until heated through.	
	Pour over the contents of the baking dish.	
	Cover the dish with aluminum foil, and bake for 30 minutes in the preheated oven.	
	Remove the aluminum foil, sprinkle mozzarella cheese over the top, and bake for an additional 15 minutes, until the cheese is melted and bubbly.	

Nutrition Facts

Properties

Glycemic Index:31.91, Glycemic Load:19.41, Inflammation Score:-6, Nutrition Score:17.885652272598%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 454.1lkcal (22.71%), Fat: 24.92g (38.35%), Saturated Fat: 10.94g (68.4%), Carbohydrates: 34.82g (11.61%), Net Carbohydrates: 30.98g (11.26%), Sugar: 6.42g (7.13%), Cholesterol: 76.32mg (25.44%), Sodium: 934.93mg (40.65%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 22.51g (45.02%), Vitamin C: 31.42mg (38.09%), Vitamin B12: 2.08µg (34.67%), Potassium: 1182.11mg (33.77%), Vitamin B6: 0.68mg (33.77%), Phosphorus: 311.98mg (31.2%), Zinc: 3.99mg (26.61%), Selenium: 18.31µg (26.16%), Vitamin B3: 4.7mg (23.51%), Calcium: 212.45mg (21.24%), Manganese: 0.35mg (17.68%), Vitamin B2: 0.26mg (15.51%), Fiber: 3.85g (15.39%), Iron: 2.71mg (15.06%), Magnesium: 56.05mg (14.01%), Vitamin B1: 0.2mg (13.07%), Copper: 0.21mg (10.68%), Vitamin A: 525.19IU (10.5%), Vitamin B5: 0.91mg (9.09%), Folate: 29.64µg (7.41%), Vitamin K: 7.25µg (6.9%), Vitamin E: 0.58mg (3.88%), Vitamin D: 0.48µg (3.17%)