

Potato Pizza Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



454 kcal

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
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 pound ground beef
- ☐ 0.3 teaspoon penzey's southwest seasoning italian
- ☐ 0.5 cup milk
- ☐ 1 small onion chopped

- ☐ 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

Equipment



- ☐ 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



 **PROTEIN 19.85%**  **FAT 49.45%**  **CARBS 30.7%**

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: 454.11kcal (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 %: 0% (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%)