



Potatoes Rancheros Casserole

 Gluten Free

READY IN



55 min.

SERVINGS



5

CALORIES



303 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound ground beef lean
- ☐ 4.7 oz potatoes
- ☐ 2.3 cups water boiling
- ☐ 0.7 cup milk
- ☐ 4 oz cheddar cheese shredded
- ☐ 1 cup tortilla chips crushed

Equipment

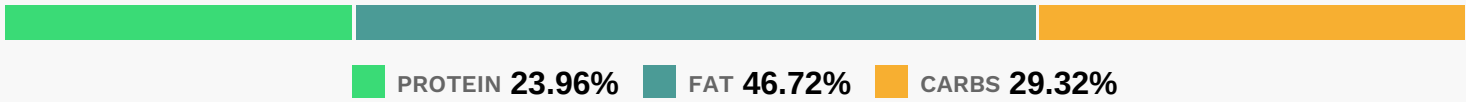
- ☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 400°F.
- ☐ Cook beef in 10-inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain. Stir together Potatoes, Sauce
- ☐ Mix, boiling water and milk in ungreased 2-quart casserole. Stir in beef and 1/2 cup of the cheese.
- ☐ Bake uncovered about 30 minutes or until top is light golden brown.
- ☐ Sprinkle chips over casserole; sprinkle remaining cheese over chips.
- ☐ Bake 5 minutes longer or until cheese is melted.
- ☐ Let stand 2 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:4.13, Inflammation Score:-4, Nutrition Score:11.503913143407%

Flavonoids

Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 303.27kcal (15.16%), Fat: 15.81g (24.32%), Saturated Fat: 6.63g (41.46%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 20.49g (7.45%), Sugar: 2.03g (2.25%), Cholesterol: 54.71mg (18.24%), Sodium: 272.99mg (11.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.23g (36.47%), Phosphorus: 293.48mg (29.35%), Zinc: 3.68mg (24.53%), Vitamin B12: 1.43µg (23.87%), Calcium: 235.21mg (23.52%), Selenium: 16.02µg (22.89%), Vitamin B6: 0.33mg (16.65%), Vitamin B3: 3.01mg (15.06%), Vitamin B2: 0.24mg (14.27%), Magnesium: 46.52mg (11.63%), Potassium: 377.26mg (10.78%), Iron: 1.67mg (9.3%), Vitamin B5: 0.86mg (8.58%), Vitamin E: 1.13mg (7.52%), Fiber: 1.83g (7.31%), Vitamin B1: 0.1mg (6.46%), Vitamin C: 5.25mg (6.36%), Vitamin K: 6.09µg (5.8%), Vitamin A: 281.18IU (5.62%), Copper: 0.11mg (5.54%), Vitamin D: 0.54µg (3.6%), Folate: 14.05µg (3.51%), Manganese: 0.05mg (2.44%)