



Quick-Fix Beef and Rice

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup campbell's® condensed cream of celery soup ()
- 1 clove garlic minced
- 2.7 cups rice white hot instant cooked
- 1 lb ground beef lean
- 0.3 cup milk
- 1 cup cheddar & monterey jack cheeses shredded kraft
- 2 cups peas frozen
- 0.5 tsp thyme leaves dried

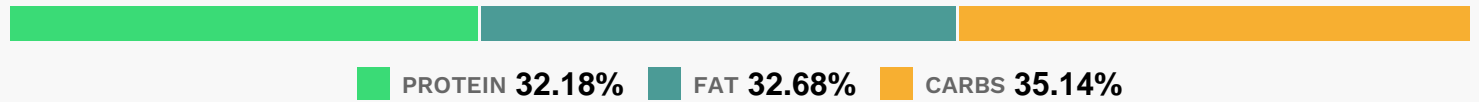
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350F. Brown meat in large skillet; drain. Stir in peas, soup, milk, garlic and thyme. Bring just to boil.
- Spread meat mixture onto bottom of 8-inch square baking dish. Top with rice; sprinkle with cheese.
- Bake 10 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:46.08, Glycemic Load:3.19, Inflammation Score:-8, Nutrition Score:27.789565293685%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 488.76kcal (24.44%), Fat: 17.44g (26.83%), Saturated Fat: 8.77g (54.83%), Carbohydrates: 42.18g (14.06%), Net Carbohydrates: 37.11g (13.49%), Sugar: 5.56g (6.18%), Cholesterol: 101.9mg (33.97%), Sodium: 475.02mg (20.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.64g (77.27%), Zinc: 8.18mg (54.54%), Phosphorus: 498.21mg (49.82%), Vitamin B3: 9.82mg (49.08%), Vitamin B12: 2.87µg (47.9%), Selenium: 31.56µg (45.09%), Manganese: 0.79mg (39.39%), Vitamin C: 29.48mg (35.73%), Iron: 6.16mg (34.2%), Folate: 135.79µg (33.95%), Vitamin B6: 0.67mg (33.38%), Calcium: 281.84mg (28.18%), Vitamin B2: 0.44mg (25.65%), Vitamin K: 26.31µg (25.06%), Vitamin B1: 0.35mg (23.06%), Fiber: 5.07g (20.3%), Potassium: 669.69mg (19.13%), Vitamin A: 919.83IU (18.4%), Magnesium: 66.28mg (16.57%), Copper: 0.32mg (15.75%), Vitamin B5: 1.37mg (13.73%), Vitamin E: 1.09mg (7.25%), Vitamin D: 0.45µg (3%)