



WHATSHEATE



Serbian Ground Beef, Veggie, and Potato Bake



Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cube beef bouillon from cube
- ☐ 0.8 teaspoon pepper black
- ☐ 1 carrots shredded
- ☐ 2 celery stalks chopped
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 bell pepper green chopped
- ☐ 1 pound ground beef
- ☐ 1 pinch ground cinnamon

- ☐ 1 pinch ground cloves
- ☐ 2 tablespoons half-and-half
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped
- ☐ 0.5 tablespoon paprika
- ☐ 2 potatoes peeled sliced
- ☐ 0.1 cup red wine
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water

Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease a casserole dish.
- ☐ In a skillet over medium heat, cook the beef until evenly brown.
- ☐ Remove beef from skillet, reserving juices, and set aside.
- ☐ Mix in the olive oil, and saute the green pepper, onion, carrot, and celery until tender.
- ☐ Return beef to the skillet, and season with paprika, salt, black pepper, red pepper, cinnamon, and cloves. Stir in the water and red wine until heated through. Dissolve the beef bouillon cube into the mixture.
- ☐ Remove skillet from heat, and mix in the half-and-half.
- ☐ Layer the bottom of the prepared casserole dish with enough potato slices to cover.
- ☐ Place the beef and vegetable mixture over the potatoes, and top with remaining potatoes.
- ☐ Cook, covered, 45 minutes in the preheated oven, or until the potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:66.65, Glycemic Load:14.87, Inflammation Score:-9, Nutrition Score:22.093478275382%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Malvidin: 1.04mg, Malvidin: 1.04mg, Malvidin: 1.04mg, Malvidin: 1.04mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 444.68kcal (22.23%), Fat: 27.41g (42.16%), Saturated Fat: 9.8g (61.27%), Carbohydrates: 25.42g (8.47%), Net Carbohydrates: 21.17g (7.7%), Sugar: 3.92g (4.36%), Cholesterol: 83.14mg (27.71%), Sodium: 399.37mg (17.36%), Alcohol: 0.8g (100%), Alcohol %: 0.3% (100%), Protein: 22.77g (45.54%), Vitamin A: 3166.37IU (63.33%), Vitamin C: 47.97mg (58.15%), Vitamin B6: 0.83mg (41.67%), Vitamin B12: 2.44µg (40.69%), Zinc: 5.26mg (35.1%), Vitamin B3: 6.39mg (31.94%), Phosphorus: 272.37mg (27.24%), Potassium: 948.65mg (27.1%), Selenium: 17.86µg (25.51%), Iron: 3.55mg (19.73%), Manganese: 0.37mg (18.42%), Fiber: 4.25g (17.02%), Vitamin B2: 0.26mg (15.14%), Magnesium: 55.85mg (13.96%), Vitamin K: 12.71µg (12.1%), Vitamin B1: 0.18mg (12.02%), Copper: 0.24mg (11.95%), Vitamin B5: 1.05mg (10.47%), Vitamin E: 1.53mg (10.2%), Folate: 37.65µg (9.41%), Calcium: 62.4mg (6.24%)