



Slow-Cooker Beef and Creamy Potato Casserole

 Gluten Free

READY IN



375 min.

SERVINGS



4

CALORIES



676 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 2.8 oz fried onions canned
- ☐ 12 oz green beans frozen
- ☐ 4 cups hash browns shredded frozen country-style (from 30-oz bag)
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.5 cup milk
- ☐ 0.3 teaspoon pepper

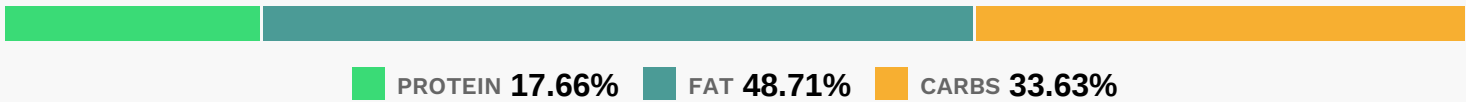
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In 10-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until brown; drain. Stir in soup, milk, pepper and half of the onions.
- ☐ Spray 3 1/2- to 4-quart slow cooker with cooking spray.
- ☐ Layer potatoes and green beans in cooker. Top with beef mixture; spread evenly.
- ☐ Cover; cook on Low heat setting 6 to 7 hours. Top with remaining onions before serving.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:12.85, Inflammation Score:-6, Nutrition Score:25.275652211645%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 675.71kcal (33.79%), Fat: 36.62g (56.34%), Saturated Fat: 14.7g (91.86%), Carbohydrates: 56.88g (18.96%), Net Carbohydrates: 51.46g (18.71%), Sugar: 4.24g (4.71%), Cholesterol: 87.98mg (29.33%), Sodium: 844.38mg (36.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.87g (59.74%), Vitamin B3: 9.63mg (48.16%), Vitamin B12: 2.71µg (45.22%), Zinc: 6.35mg (42.33%), Manganese: 0.75mg (37.37%), Vitamin K: 38.91µg (37.06%), Phosphorus: 363.28mg (36.33%), Vitamin B6: 0.72mg (35.92%), Potassium: 1227.54mg (35.07%), Vitamin C: 27.6mg (33.45%), Iron: 5.68mg (31.55%), Selenium: 18.74µg (26.77%), Copper: 0.49mg (24.51%), Vitamin B1: 0.35mg (23.64%), Vitamin B2: 0.37mg (21.98%), Fiber: 5.42g (21.68%), Magnesium: 72.85mg (18.21%), Vitamin B5: 1.7mg (16.99%), Vitamin A: 636.93IU (12.74%), Folate: 49.76µg (12.44%), Calcium: 114mg (11.4%), Vitamin E: 0.83mg (5.53%), Vitamin D: 0.45µg (2.99%)