



Slow-Cooker Beef and Creamy Potato Casserole

READY IN



375 min.

SERVINGS



4

CALORIES



606 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

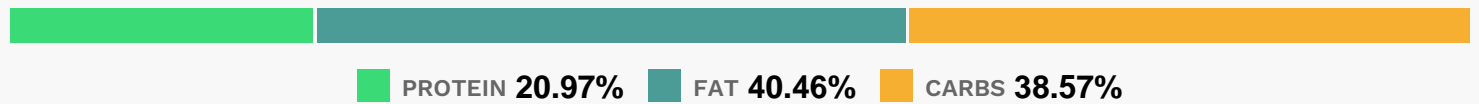
Equipment

- 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:56.88, Glycemic Load:20.79, Inflammation Score:-7, Nutrition Score:27.667391269103%

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: 605.66kcal (30.28%), Fat: 27.46g (42.24%), Saturated Fat: 10.67g (66.71%), Carbohydrates: 58.91g (19.64%), Net Carbohydrates: 53.05g (19.29%), Sugar: 5.16g (5.73%), Cholesterol: 87.98mg (29.33%), Sodium: 798.54mg (34.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.01g (64.03%), Vitamin B3: 10.59mg (52.94%), Vitamin B12: 2.71µg (45.22%), Zinc: 6.56mg (43.71%), Manganese: 0.85mg (42.57%), Phosphorus: 384.12mg (38.41%), Vitamin K: 39.05µg (37.19%), Vitamin B6: 0.74mg (36.98%), Iron: 6.46mg (35.86%), Potassium: 1250.76mg (35.74%), Selenium: 24.41µg (34.87%), Vitamin C: 27.6mg (33.45%), Vitamin B1: 0.5mg (33.04%), Vitamin B2: 0.46mg (26.97%), Copper: 0.52mg (26.01%), Fiber: 5.86g (23.43%), Magnesium: 79.2mg (19.8%), Folate: 74.17µg (18.54%), Vitamin B5: 1.77mg (17.65%), Vitamin A: 636.93IU (12.74%), Calcium: 124.32mg (12.43%), Vitamin E: 0.87mg (5.81%), Vitamin D: 0.45µg (2.99%)