



Southern Skillet Dinner

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



6

CALORIES



671 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce peas drained canned
- 21 ounce cream of mushroom soup canned
- 2 pounds ground beef
- 45 ounce potatoes drained sliced canned
- 6 servings salt and pepper to taste
- 10 ounce kernel corn whole drained canned

Equipment

- frying pan

stove

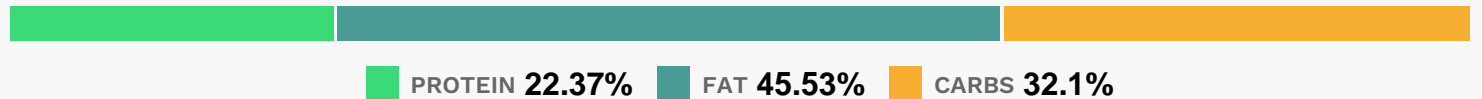
Directions

Brown beef in a large skillet over medium heat.

Drain fat, and return skillet to stove. Stir in potatoes, cream of mushroom soup, corn, and peas.

Sprinkle with salt and pepper. Cover, and simmer over low heat for 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:13.96, Glycemic Load:27.19, Inflammation Score:-7, Nutrition Score:29.219999862754%

Flavonoids

Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 670.66kcal (33.53%), Fat: 33.71g (51.87%), Saturated Fat: 12.99g (81.2%), Carbohydrates: 53.46g (17.82%), Net Carbohydrates: 47.03g (17.1%), Sugar: 3.17g (3.52%), Cholesterol: 112.31mg (37.44%), Sodium: 1175.77mg (51.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.27g (74.54%), Vitamin B6: 1.19mg (59.3%), Zinc: 8.5mg (56.67%), Vitamin B12: 3.39µg (56.57%), Vitamin C: 46.38mg (56.21%), Vitamin B3: 10.36mg (51.82%), Potassium: 1533.32mg (43.81%), Phosphorus: 438mg (43.8%), Manganese: 0.76mg (38.24%), Selenium: 23.93µg (34.19%), Iron: 6mg (33.34%), Copper: 0.58mg (29.09%), Fiber: 6.44g (25.74%), Magnesium: 95.73mg (23.93%), Vitamin B2: 0.37mg (21.75%), Vitamin B1: 0.3mg (19.9%), Folate: 76.59µg (19.15%), Vitamin B5: 1.62mg (16.2%), Vitamin K: 16.54µg (15.75%), Vitamin A: 726.69IU (14.53%), Calcium: 67.21mg (6.72%), Vitamin E: 0.65mg (4.34%), Vitamin D: 0.15µg (1.01%)