



Wild Rice and Beef Casserole

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



492 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb ground beef 80% lean (at least)
- 6.2 oz cooking spoons of blended tatashe-pepper mix long-grain wild
- 10.8 oz all natural tomato soup canned
- 0.3 cup milk
- 0.3 teaspoon pepper
- 4 oz cheddar cheese shredded

Equipment

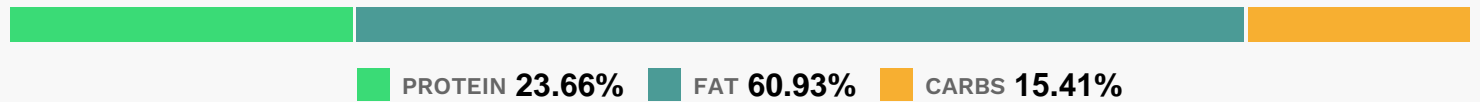
- frying pan

oven

Directions

- Heat oven to 350°F. Spray 2-quart casserole with cooking spray.
- In 10-inch skillet, cook beef over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain.
- Meanwhile, make rice mix as directed on package—except omit butter. Stir rice mixture, soup, milk and pepper into beef. Spoon into casserole.
- Cover and bake 30 minutes.
- Sprinkle with cheese.
- Bake uncovered 5 to 10 minutes longer or until cheese is melted and mixture is hot.

Nutrition Facts



Properties

Glycemic Index:44.63, Glycemic Load:6.27, Inflammation Score:-9, Nutrition Score:20.305652317793%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 491.57kcal (24.58%), Fat: 33.37g (51.35%), Saturated Fat: 14.56g (91%), Carbohydrates: 18.99g (6.33%), Net Carbohydrates: 16.37g (5.95%), Sugar: 7.1g (7.89%), Cholesterol: 110.69mg (36.9%), Sodium: 575.09mg (25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.16g (58.33%), Vitamin A: 2839.48IU (56.79%), Vitamin B12: 2.81µg (46.83%), Zinc: 6.18mg (41.2%), Selenium: 27.79µg (39.7%), Phosphorus: 374.15mg (37.42%), Vitamin B3: 6.03mg (30.15%), Calcium: 261.04mg (26.1%), Vitamin B6: 0.5mg (25.16%), Potassium: 873.88mg (24.97%), Vitamin B2: 0.36mg (21.35%), Vitamin C: 14.4mg (17.45%), Iron: 3.12mg (17.36%), Magnesium: 50.19mg (12.55%), Manganese: 0.24mg (12.15%), Fiber: 2.63g (10.51%), Vitamin B1: 0.15mg (10.08%), Vitamin B5: 0.82mg (8.17%), Copper: 0.16mg (7.97%), Folate: 26.66µg (6.66%), Vitamin E: 0.95mg (6.3%), Vitamin K: 5.41µg (5.15%), Vitamin D: 0.45µg (3.01%)