

Zippy Beef Casserole

READY IN



65 min.

SERVINGS



4

CALORIES



754 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 cup onion dried minced
- ☐ 1 cup elbow macaroni uncooked
- ☐ 0.3 cup bell pepper green chopped
- ☐ 1 pound ground beef
- ☐ 0.7 cup catsup
- ☐ 0.8 cup milk
- ☐ 1 cup potato chips crushed
- ☐ 1 teaspoon salt to taste

☐ 0.5 cup cheddar cheese shredded

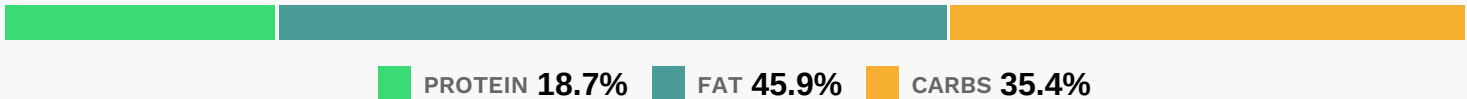
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Bring a saucepan of lightly salted water to a boil.
- ☐ Add pasta, and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Cook ground beef in a skillet over medium heat, stirring until evenly browned; drain. Stir in cooked macaroni, condensed soup, milk, and ketchup until well blended.
- ☐ Mix in the Cheddar cheese, green pepper, and minced onion. Season with salt, and pour into a 2 quart baking dish.
- ☐ Cover, and bake for 40 minutes in the preheated oven. Uncover, sprinkle the top with potato chips, and bake for another 5 to 10 minutes, until chips are toasted.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:0.93, Inflammation Score:-6, Nutrition Score:27.630869637365%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 753.61kcal (37.68%), Fat: 38.65g (59.46%), Saturated Fat: 14.02g (87.62%), Carbohydrates: 67.06g (22.35%), Net Carbohydrates: 63.56g (23.11%), Sugar: 17.23g (19.15%), Cholesterol: 103.94mg (34.65%), Sodium:

1787.4mg (77.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.44g (70.88%), Selenium: 45.51µg (65.01%), Vitamin B12: 2.95µg (49.09%), Zinc: 7.36mg (49.04%), Manganese: 0.95mg (47.61%), Phosphorus: 465.51mg (46.55%), Vitamin B6: 0.9mg (45.25%), Vitamin B3: 7.9mg (39.48%), Potassium: 1170.62mg (33.45%), Vitamin C: 24.22mg (29.35%), Vitamin B2: 0.46mg (27.16%), Copper: 0.48mg (23.82%), Calcium: 234.68mg (23.47%), Vitamin E: 3.49mg (23.24%), Vitamin B5: 2.24mg (22.39%), Iron: 3.88mg (21.54%), Magnesium: 84.88mg (21.22%), Vitamin B1: 0.25mg (16.68%), Folate: 56.47µg (14.12%), Fiber: 3.5g (13.99%), Vitamin K: 9.67µg (9.21%), Vitamin A: 457.82IU (9.16%), Vitamin D: 0.7µg (4.68%)