

Mashed Potato Hot Dish

Tanya Abernathy - Yacolt, WA
Taste of Home Most Requested Recipes

Servings: 4

1 pound ground beef
1 can (10-1/2 ounce) cream of chicken soup
2 cups frozen French-style green beans
2 cups hot mashed potatoes, prepared with milk and butter
1/2 cup shredded Cheddar cheese

Preparation Time: 15 minutes

Bake: 20 minutes

Preheat the oven to 350 degrees.

In a large skillet, cook the beef over medium heat until no longer pink. Drain.

Stir in the soup and beans.

Transfer the mixture to a greased two-quart baking dish. Top with the mashed potatoes. Sprinkle with the cheese.

Bake, uncovered, for 20 to 25 minutes or until bubbly and the cheese is melted.

Per Serving (excluding unknown items): 438 Calories; 37g Fat (76.2% calories from fat); 23g Protein; 2g Carbohydrate; trace Dietary Fiber; 114mg Cholesterol; 411mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 5 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	438
% Calories from Fat:	76.2%
% Calories from Carbohydrates:	2.3%
% Calories from Protein:	21.5%
Total Fat (g):	37g
Saturated Fat (g):	16g
Monounsaturated Fat (g):	15g
Polyunsaturated Fat (g):	2g
	114mg

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	3.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	11mcg
Niacin (mg):	5mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Cholesterol (mg):
Carbohydrate (g): 2g
Dietary Fiber (g): trace
Protein (g): 23g
Sodium (mg): 411mg
Potassium (mg): 295mg
Calcium (mg): 120mg
Iron (mg): 2mg
Zinc (mg): 5mg
Vitamin C (mg): trace
Vitamin A (i.u.): 290IU
Vitamin A (r.e.): 59RE

Food Exchanges

Grain (Starch): 0
Lean Meat: 3
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 5 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 438 Calories from Fat: 334

% Daily Values*

Total Fat	37g	56%
Saturated Fat	16g	79%
Cholesterol	114mg	38%
Sodium	411mg	17%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	0%
Protein	23g	

Vitamin A	6%
Vitamin C	0%
Calcium	12%
Iron	12%

* Percent Daily Values are based on a 2000 calorie diet.