



Bacon-Cheeseburger Potato Pie

 Popular

READY IN



75 min.

SERVINGS



6

CALORIES



427 kcal

Ingredients

- 1.5 lb ground beef 90% (at least)
- 0.5 cup breadcrumbs plain
- 0.3 cup onion finely chopped
- 0.3 cup catsup
- 2 teaspoons mustard yellow
- 0.5 teaspoon salt
- 1.3 cups water
- 3 tablespoons butter
- 0.3 teaspoon garlic salt

- 0.8 cup milk
- 2 cups potatoes mashed
- 4 oz cheddar cheese shredded
- 1 medium tomatoes chopped
- 3 slices farro crumbled
- 2 spring onion sliced

Equipment

- bowl
- sauce pan
- oven
- kitchen thermometer

Directions

- Heat oven to 375°F. In medium bowl, mix ground beef, bread crumbs, onion, ketchup, mustard and salt. Press mixture in bottom and up sides of ungreased 9-inch pie plate.
- Bake 15 minutes.
- In medium saucepan, place water, butter and garlic salt.
- Heat to boiling.
- Remove from heat.
- Add milk. With fork, stir in potato flakes. Stir in 1/2 cup of the cheese.
- Remove partially baked beef crust from oven; pour off any drippings. Spoon potato mixture evenly into crust. Return to oven; bake 10 to 15 minutes longer or until beef is thoroughly cooked and thermometer placed in center of crust reads 160°F, and potatoes are hot.
- Remove pie from oven. Top with tomato, remaining 1/2 cup cheese and crumbled bacon; bake 5 minutes longer or until cheese is melted.
- Remove from oven; top with green onions.
- Let stand 10 minutes before serving.

Nutrition Facts



■ PROTEIN 31.22% ■ FAT 41.12% ■ CARBS 27.66%

Properties

Glycemic Index:32.33, Glycemic Load:1.08, Inflammation Score:-7, Nutrition Score:21.656956734865%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 426.81kcal (21.34%), Fat: 19.39g (29.83%), Saturated Fat: 8.07g (50.47%), Carbohydrates: 29.34g (9.78%), Net Carbohydrates: 27.03g (9.83%), Sugar: 5.83g (6.48%), Cholesterol: 92.87mg (30.96%), Sodium: 766.86mg (33.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.13g (66.26%), Vitamin B12: 2.94µg (49.06%), Zinc: 6.96mg (46.4%), Selenium: 31.35µg (44.78%), Vitamin B3: 8.44mg (42.18%), Phosphorus: 402.56mg (40.26%), Vitamin B6: 0.68mg (34.08%), Vitamin C: 20.68mg (25.07%), Vitamin B1: 0.37mg (24.79%), Vitamin B2: 0.4mg (23.28%), Potassium: 793.32mg (22.67%), Calcium: 216.04mg (21.6%), Iron: 3.61mg (20.03%), Vitamin A: 754.67IU (15.09%), Magnesium: 57.42mg (14.36%), Vitamin B5: 1.43mg (14.31%), Vitamin K: 13.47µg (12.83%), Manganese: 0.19mg (9.33%), Copper: 0.19mg (9.27%), Fiber: 2.31g (9.24%), Folate: 36.54µg (9.13%), Vitamin E: 0.99mg (6.6%), Vitamin D: 0.56µg (3.75%)