



Bacon-Cheeseburger Potato Pie

 Popular

READY IN



75 min.

SERVINGS



6

CALORIES



472 kcal

Ingredients

- ☐ 3 slices bacon crumbled
- ☐ 0.5 cup breadcrumbs plain
- ☐ 3 tablespoons butter
- ☐ 1.5 lb ground beef 90% (at least)
- ☐ 0.3 teaspoon garlic salt
- ☐ 2 spring onion sliced
- ☐ 0.3 cup catsup
- ☐ 0.8 cup milk
- ☐ 0.3 cup onion finely chopped

- ☐ 2 cups potatoes mashed
- ☐ 0.5 teaspoon salt
- ☐ 4 oz cheddar cheese shredded
- ☐ 1 medium tomatoes chopped
- ☐ 1.3 cups water
- ☐ 2 teaspoons mustard yellow

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Heat oven to 375F. 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 160F, 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 29.42%**  **FAT 45.57%**  **CARBS 25.01%**

Properties

Glycemic Index:32.33, Glycemic Load:1.08, Inflammation Score:-7, Nutrition Score:22.312608926193%

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: 472.07kcal (23.6%), Fat: 23.75g (36.54%), Saturated Fat: 9.54g (59.6%), Carbohydrates: 29.34g (9.78%), Net Carbohydrates: 27.05g (9.84%), Sugar: 5.83g (6.48%), Cholesterol: 100.13mg (33.38%), Sodium: 839.66mg (36.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.51g (69.01%), Vitamin B12: 3µg (49.98%), Selenium: 33.51µg (47.88%), Zinc: 7.09mg (47.24%), Vitamin B3: 8.87mg (44.34%), Phosphorus: 418.13mg (41.81%), Vitamin B6: 0.71mg (35.52%), Vitamin B1: 0.4mg (26.79%), Vitamin C: 20.68mg (25.07%), Vitamin B2: 0.4mg (23.79%), Potassium: 814.64mg (23.28%), Calcium: 216.53mg (21.65%), Iron: 3.64mg (20.24%), Vitamin A: 758.71IU (15.17%), Vitamin B5: 1.49mg (14.91%), Magnesium: 58.63mg (14.66%), Vitamin K: 13.47µg (12.83%), Copper: 0.19mg (9.47%), Manganese: 0.19mg (9.33%), Fiber: 2.29g (9.16%), Folate: 36.46µg (9.11%), Vitamin E: 1.04mg (6.92%), Vitamin D: 0.61µg (4.04%)