



BBQ Beef-Cornbread Pie

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



3311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup original barbecue sauce kraft
- 8.5 oz corn muffin mix
- 1 lb ground beef
- 1 Tbsp oil
- 1 onion chopped
- 1 bell pepper red chopped
- 1 cup cheddar cheese shredded kraft

Equipment

frying pan

oven

Directions

Heat oven to 400F.

Heat oil in large skillet on medium-high heat.

Add peppers and onions; cook and stir 5 min.

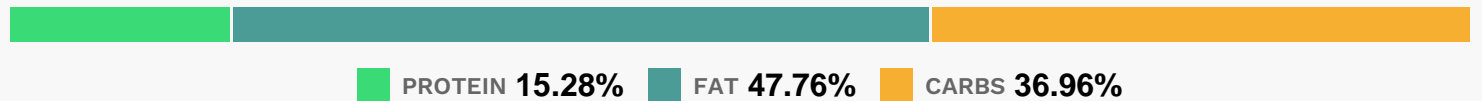
Add meat; mix well. Cook 10 min. or until browned, stirring occasionally; drain. Stir in barbecue sauce; simmer on medium-low heat 10 min., stirring occasionally.

Spoon into 9-inch pie plate; sprinkle with cheese. Prepare muffin batter as directed on package; spoon over cheese, completely covering cheese layer.

Bake 20 min. or until golden brown.

Let stand 5 min. before serving.

Nutrition Facts



Properties

Glycemic Index:86, Glycemic Load:4.51, Inflammation Score:-10, Nutrition Score:77.500869543656%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.6mg, Quercetin: 22.6mg, Quercetin: 22.6mg, Quercetin: 22.6mg

Nutrients (% of daily need)

Calories: 3311.04kcal (165.55%), Fat: 174.81g (268.93%), Saturated Fat: 65.22g (407.65%), Carbohydrates: 304.37g (101.46%), Net Carbohydrates: 281.76g (102.46%), Sugar: 154g (171.11%), Cholesterol: 439.87mg (146.62%), Sodium: 5966.62mg (259.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 125.81g (251.62%), Phosphorus: 2532.6mg (253.26%), Vitamin C: 162.42mg (196.87%), Vitamin B12: 11.12µg (185.36%), Zinc: 25.45mg (169.68%), Selenium: 117.9µg (168.43%), Vitamin B3: 30.29mg (151.43%), Vitamin B6: 2.54mg (127.22%), Vitamin B2: 2.12mg (124.48%), Vitamin A: 5778.1IU (115.56%), Calcium: 1145.92mg (114.59%), Iron: 17.58mg (97.65%), Vitamin B1: 1.44mg (95.83%), Fiber: 22.61g (90.42%), Folate: 360.94µg (90.24%), Potassium: 2659.22mg (75.98%), Manganese: 1.45mg

(72.56%), Vitamin E: 9.73mg (64.89%), Magnesium: 227.91mg (56.98%), Vitamin B5: 4.88mg (48.82%), Vitamin K: 44.33µg (42.22%), Copper: 0.79mg (39.39%), Vitamin D: 1.13µg (7.54%)