



BBQ Pie

READY IN



55 min.

SERVINGS



8

CALORIES



492 kcal

Ingredients

- 30 ounce baked beans with pork canned
- 1 cup baking mix
- 1 tablespoon barbecue sauce
- 1 cup barbecue sauce
- 1 eggs
- 1.5 pounds ground beef
- 0.3 teaspoon pepper black
- 0.5 cup milk
- 0.3 cup onion diced
- 0.3 cup cheddar cheese shredded

- 1 teaspoon worcestershire sauce

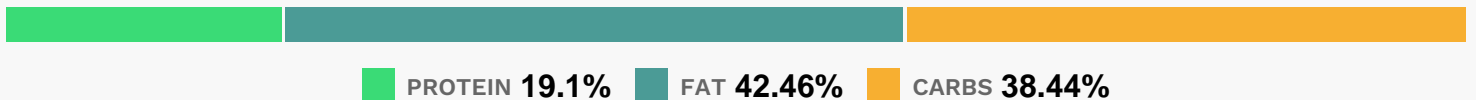
Equipment

- bowl
- frying pan
- oven
- casserole dish

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Crumble the ground beef into a large skillet over medium heat. When it is starting to brown, stir in the onion and season with pepper. Continue to cook and stir until beef is browned and the onion is tender.
- Drain off the grease from the beef, and stir in the baked beans, Worcestershire sauce and 1 cup of barbeque sauce.
- Transfer to a large casserole dish. In a separate bowl, mix together the baking mix, milk and egg.
- Pour this mixture evenly over the beef and beans in the dish.
- Bake for 40 to 45 minutes in the preheated oven, until the biscuit topping is golden brown.
- Spread a small amount of barbeque sauce over the top and sprinkle with Cheddar cheese while hot from the oven.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:6.98, Inflammation Score:-4, Nutrition Score:17.759130467539%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 492.32kcal (24.62%), Fat: 23.43g (36.04%), Saturated Fat: 8.91g (55.69%), Carbohydrates: 47.71g (15.9%), Net Carbohydrates: 41.11g (14.95%), Sugar: 15.4g (17.11%), Cholesterol: 93.95mg (31.32%), Sodium: 1125.93mg (48.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.71g (47.42%), Phosphorus: 388.99mg (38.9%), Zinc: 5.54mg (36.9%), Vitamin B12: 2.05µg (34.12%), Selenium: 22.38µg (31.97%), Fiber: 6.6g (26.42%), Manganese: 0.51mg (25.4%), Vitamin B3: 5.01mg (25.06%), Iron: 4.27mg (23.74%), Potassium: 717.91mg (20.51%), Vitamin B6: 0.41mg (20.49%), Vitamin B2: 0.32mg (18.66%), Copper: 0.34mg (17.02%), Folate: 68.08µg (17.02%), Calcium: 160.06mg (16.01%), Magnesium: 63.43mg (15.86%), Vitamin B1: 0.2mg (13.5%), Vitamin B5: 0.89mg (8.91%), Vitamin E: 0.77mg (5.11%), Vitamin A: 176.4IU (3.53%), Vitamin C: 2.87mg (3.47%), Vitamin K: 3.47µg (3.3%), Vitamin D: 0.38µg (2.56%)