



## Beef and Bean Pot Pie



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 lb ground beef 80% lean (at least )
- ☐ 16 oz baked beans canned
- ☐ 8 oz tomato sauce canned
- ☐ 3 tablespoons brown sugar packed
- ☐ 2 teaspoons dehydrated onion dried minced
- ☐ 3 tablespoons water boiling
- ☐ 1 tablespoon catsup
- ☐ 1 cup frangelico

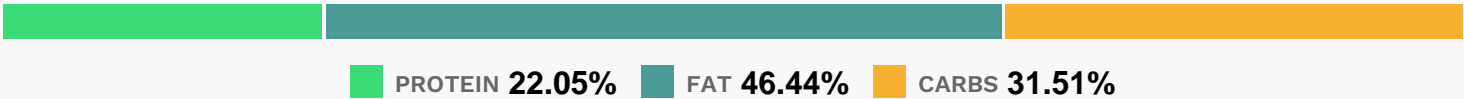
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

## Directions

- ☐ Heat oven to 375°F. Grease bottom and side of 1 1/2-quart round casserole with shortening. In 10-inch skillet, cook beef over medium heat, stirring occasionally, until brown; drain. Stir in beans, tomato sauce, brown sugar and onion.
- ☐ Pour into
- ☐ casserole; set aside.
- ☐ In medium bowl, stir remaining ingredients until soft dough forms; beat vigorously 20 strokes. On surface dusted with Bisquick mix, gently roll dough in Bisquick to coat. Shape dough into ball; knead about 10 times or until smooth. Pat ball into 7 1/2-inch round or round the size of top of casserole.
- ☐ Place on beef mixture in casserole.
- ☐ Bake uncovered 15 to 20 minutes or until crust is light brown.

## Nutrition Facts



## Properties

Glycemic Index:21.92, Glycemic Load:7.98, Inflammation Score:-5, Nutrition Score:19.050869537436%

## Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 468.43kcal (23.42%), Fat: 24.62g (37.88%), Saturated Fat: 9.41g (58.79%), Carbohydrates: 37.59g (12.53%), Net Carbohydrates: 30.26g (11%), Sugar: 12.47g (13.85%), Cholesterol: 88.45mg (29.48%), Sodium: 851.81mg (37.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.31g (52.61%), Zinc: 6.58mg (43.85%), Vitamin B12: 2.43µg (40.45%), Selenium: 22.94µg (32.77%), Phosphorus: 325.75mg (32.57%), Vitamin B3: 5.95mg (29.75%), Fiber: 7.33g (29.3%), Vitamin B6: 0.54mg (27.17%), Iron: 4.79mg (26.6%), Manganese: 0.53mg (26.25%),

Potassium: 887.45mg (25.36%), Copper: 0.4mg (19.88%), Magnesium: 70.02mg (17.5%), Vitamin B2: 0.26mg (15.09%), Folate: 58.38µg (14.6%), Calcium: 103.15mg (10.32%), Vitamin C: 8.24mg (9.99%), Vitamin B5: 0.91mg (9.06%), Vitamin B1: 0.14mg (9.01%), Vitamin E: 1.34mg (8.94%), Vitamin A: 265.19IU (5.3%), Vitamin K: 3.83µg (3.65%)