



Beef-and-Onion Cornbread Pie

READY IN



45 min.

SERVINGS



6

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings garnishes: cheddar cheese shredded sour
- ☐ 1 tablespoon chili powder
- ☐ 11 ounce corn kernels drained canned
- ☐ 6 servings cornbread topping
- ☐ 0.5 bell pepper green chopped
- ☐ 1 pound ground beef
- ☐ 1 large onion chopped
- ☐ 0.8 teaspoon pepper
- ☐ 1 teaspoon salt

- ☐ 10.8 ounce all natural tomato soup canned
- ☐ 1 cup water

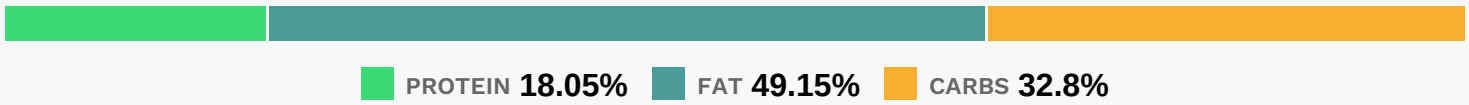
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook first 3 ingredients in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink; drain. Stir in corn and next 5 ingredients. Reduce heat and simmer 15 minutes.
- ☐ Pour beef mixture into a lightly greased 2-quart baking dish.
- ☐ Spread Cornbread Topping over beef mixture.
- ☐ Bake at 425 for 18 to 20 minutes or until golden.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:1.81, Inflammation Score:-7, Nutrition Score:21.1200000103246%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg

Nutrients (% of daily need)

Calories: 579.87kcal (28.99%), Fat: 32.08g (49.36%), Saturated Fat: 14g (87.49%), Carbohydrates: 48.18g (16.06%), Net Carbohydrates: 43.68g (15.88%), Sugar: 15.64g (17.37%), Cholesterol: 117.88mg (39.29%), Sodium: 1192.61mg (51.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.51g (53.03%), Phosphorus: 545.24mg (54.52%), Selenium: 26.08µg (37.25%), Vitamin B12: 2.07µg (34.56%), Calcium: 339.21mg (33.92%), Zinc: 5.09mg (33.91%),

Vitamin B3: 5.79mg (28.93%), Vitamin B2: 0.44mg (26.14%), Vitamin B6: 0.49mg (24.61%), Iron: 3.77mg (20.94%), Manganese: 0.4mg (19.79%), Vitamin A: 966.69IU (19.33%), Folate: 76.58µg (19.15%), Vitamin C: 15.4mg (18.66%), Fiber: 4.51g (18.02%), Potassium: 607.7mg (17.36%), Vitamin B1: 0.23mg (15.55%), Vitamin E: 2.08mg (13.84%), Magnesium: 54.38mg (13.59%), Copper: 0.25mg (12.47%), Vitamin B5: 1.23mg (12.33%), Vitamin K: 9.65µg (9.19%), Vitamin D: 0.26µg (1.7%)