



Beef and Pepper Pie

 **Gluten Free**

READY IN



45 min.

SERVINGS



10

CALORIES



124 kcal

Ingredients

- 4.5 ounce mushrooms drained sliced canned
- 1 pound ground beef lean
- 1 onion chopped
- 2 cups bell pepper sweet red with sauce
- 1 cup sharp cheddar cheese shredded

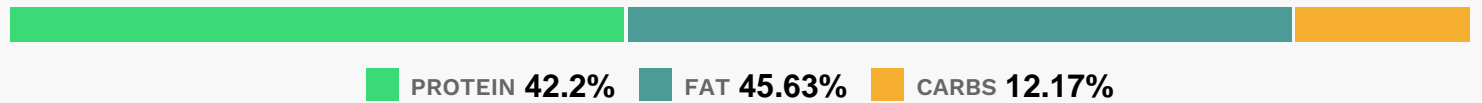
Equipment

- food processor
- oven

Directions

- Place peppers, including liquid, into food processor; pulse until peppers are cut into small pieces.
- Brown meat and onions.
- Add peppers, mushrooms, and cheese to meat mixture. Spoon into bottom crust. Cover with top crust, and seal the edges.
- Bake at 350 degrees F (175 degrees C) until crust is brown, and pie is heated through.

Nutrition Facts



Properties

Glycemic Index:8.6, Glycemic Load:0.68, Inflammation Score:-7, Nutrition Score:10.450000019177%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 123.58kcal (6.18%), Fat: 6.25g (9.61%), Saturated Fat: 3.22g (20.11%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 2.63g (0.96%), Sugar: 2.05g (2.28%), Cholesterol: 39.42mg (13.14%), Sodium: 159.69mg (6.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13g (26%), Vitamin C: 38.96mg (47.22%), Vitamin A: 1046.48IU (20.93%), Zinc: 2.91mg (19.39%), Vitamin B12: 1.14µg (18.93%), Selenium: 11.7µg (16.71%), Phosphorus: 160.92mg (16.09%), Vitamin B3: 3.01mg (15.03%), Vitamin B6: 0.29mg (14.67%), Vitamin B2: 0.15mg (9.05%), Calcium: 89.99mg (9%), Iron: 1.35mg (7.5%), Potassium: 261.04mg (7.46%), Vitamin B5: 0.55mg (5.49%), Folate: 21.97µg (5.49%), Magnesium: 19.62mg (4.9%), Vitamin E: 0.69mg (4.57%), Fiber: 1.12g (4.48%), Copper: 0.08mg (3.9%), Vitamin B1: 0.05mg (3.59%), Manganese: 0.06mg (3.21%), Vitamin K: 1.91µg (1.82%)