



Beef Peach Pie

READY IN



60 min.

SERVINGS



8

CALORIES



267 kcal

Ingredients

- 1 cup breadcrumbs soft
- 0.3 cup brown sugar
- 1 eggs
- 1 pound ground beef
- 1 tablespoon catsup
- 0.5 cup milk
- 0.3 cup onion chopped
- 15 ounce peaches drained sliced canned
- 1 pinch pepper
- 1 teaspoon salt

1 tablespoon vinegar

Equipment

bowl

oven

pie form

Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a medium bowl, mix together the ground beef, egg, milk, onion, bread crumbs, salt and pepper. Press into a 9 inch pie pan like a crust. Prick meat all over using a fork.

Bake for 25 to 30 minutes in the preheated oven.

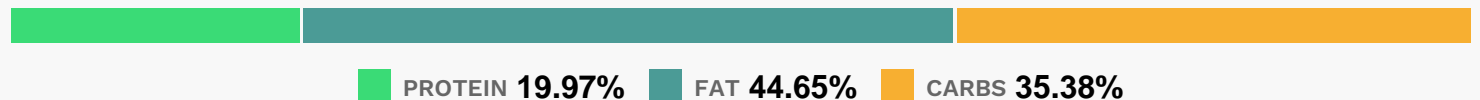
Remove from the oven, and pour off any excess fat. Arrange the sliced peaches over the beef.

Mix together the vinegar, ketchup and brown sugar, and spoon over the top of the peaches.

Bake for an additional 20 minutes.

Let stand for at least 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:23.41, Glycemic Load:2.22, Inflammation Score:-3, Nutrition Score:9.5108696481456%

Flavonoids

Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg Catechin: 2.62mg, Catechin: 2.62mg, Catechin: 2.62mg, Catechin: 2.62mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 267.09kcal (13.35%), Fat: 13.22g (20.33%), Saturated Fat: 4.98g (31.13%), Carbohydrates: 23.57g (7.86%), Net Carbohydrates: 22.07g (8.03%), Sugar: 13.33g (14.81%), Cholesterol: 62.55mg (20.85%), Sodium: 467.18mg (20.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.3g (26.6%), Vitamin B12: 1.39µg (23.2%), Selenium: 15.13µg (21.62%), Zinc: 2.84mg (18.91%), Vitamin B3: 3.78mg (18.91%), Phosphorus: 152.16mg (15.22%), Vitamin B6: 0.24mg (12.16%), Vitamin B2: 0.21mg (12.09%), Vitamin B1: 0.18mg (12.06%), Iron: 2.1mg (11.66%), Manganese: 0.18mg (9.02%), Potassium: 296.84mg (8.48%), Calcium: 66.37mg (6.64%), Folate: 25.38µg (6.34%), Copper: 0.12mg (6.09%), Fiber: 1.5g (5.99%), Vitamin B5: 0.6mg (5.98%), Magnesium: 23.6mg (5.9%), Vitamin E: 0.73mg (4.83%), Vitamin A: 237.48IU (4.75%), Vitamin K: 3.67µg (3.49%), Vitamin C: 2.63mg (3.18%), Vitamin D: 0.33µg (2.23%)