



Beefy Bean Pot Pie



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

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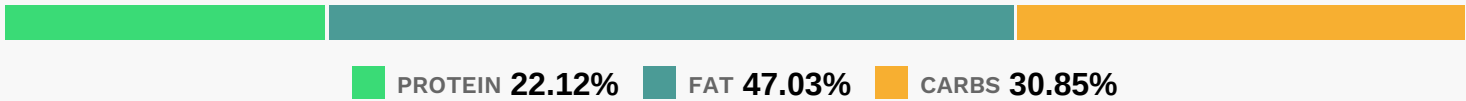
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375F. Spray 1 1/2-quart round casserole with cooking spray.
- ☐ In 10-inch skillet, cook beef over medium heat 8 to 10 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in onion, pork and beans, tomato sauce and brown sugar.
- ☐ Pour into casserole; set aside.
- ☐ In medium bowl, stir remaining ingredients until soft dough forms; beat vigorously 20 strokes.
- ☐ Place dough on surface dusted with Bisquick mix; gently roll in Bisquick mix to coat. Shape into ball; knead about 10 times or until smooth. Pat ball into 7 1/2-inch circle or a circle the size of top of casserole.
- ☐ Place on beef mixture in casserole.
- ☐ Bake uncovered 20 to 25 minutes or until crust is light brown.

Nutrition Facts



Properties

Glycemic Index:21.92, Glycemic Load:7.54, Inflammation Score:-5, Nutrition Score:18.637826142104%

Flavonoids

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

Nutrients (% of daily need)

Calories: 460.92kcal (23.05%), Fat: 24.51g (37.71%), Saturated Fat: 9.36g (58.52%), Carbohydrates: 36.17g (12.06%), Net Carbohydrates: 29.24g (10.63%), Sugar: 12.47g (13.85%), Cholesterol: 87.95mg (29.32%), Sodium: 822.47mg (35.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.94g (51.88%), Zinc: 6.47mg (43.16%), Vitamin B12: 2.43µg (40.45%), Selenium: 22.6µg (32.29%), Phosphorus: 318.1mg (31.81%), Vitamin B3: 5.92mg

(29.59%), Fiber: 6.94g (27.74%), Vitamin B6: 0.54mg (26.95%), Iron: 4.67mg (25.93%), Manganese: 0.5mg (24.97%), Potassium: 865.55mg (24.73%), Copper: 0.38mg (19.12%), Magnesium: 67.61mg (16.9%), Vitamin B2: 0.25mg (14.93%), Folate: 55.83µg (13.96%), Calcium: 99.4mg (9.94%), Vitamin C: 8.1mg (9.81%), Vitamin B5: 0.9mg (8.98%), Vitamin E: 1.34mg (8.94%), Vitamin B1: 0.13mg (8.76%), Vitamin A: 265.19IU (5.3%), Vitamin K: 3.83µg (3.65%)