



Beefy-Tortilla Pie

READY IN



45 min.

SERVINGS



6

CALORIES



226 kcal

Ingredients

- 0.5 teaspoon double-acting baking powder
- 4.5 ounce chiles green drained chopped canned
- 0.5 teaspoon chili powder
- 0.8 cup egg substitute
- 0.5 cup milk fat-free
- 3 tablespoons flour all-purpose
- 5 6-inch flour tortillas ()
- 0.5 pound ground round
- 1 small onion chopped
- 2 ounces sharp cheddar cheese shredded reduced-fat

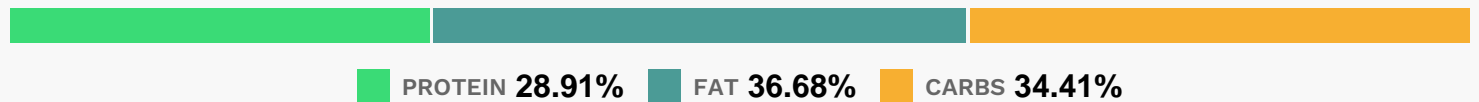
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Preheat oven to 35
- Coat bottom and sides of a 9-inch pieplate with cooking spray and line with tortillas. Set aside.
- Cook meat, chiles, and onion in a large nonstick skillet over medium heat until meat is browned, stirring until it crumbles.
- Drain.
- Add cheese; stir well. Spoon meat mixture into prepared dish.
- Combine egg substitute and remaining 4 ingredients in a large bowl; beat with a wire whisk until well blended.
- Pour egg mixture over beef mixture.
- Bake at 350 for 45 minutes or until set.
- Cut into wedges, and serve warm.

Nutrition Facts



Properties

Glycemic Index:48.04, Glycemic Load:6.69, Inflammation Score:-5, Nutrition Score:12.475652238597%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 226.35kcal (11.32%), Fat: 9.14g (14.06%), Saturated Fat: 4.11g (25.68%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 17.69g (6.43%), Sugar: 3.11g (3.45%), Cholesterol: 34.63mg (11.54%), Sodium: 461.84mg (20.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.2g (32.41%), Selenium: 28.75µg (41.07%), Phosphorus: 225.35mg (22.54%), Vitamin B2: 0.34mg (20.19%), Vitamin B12: 1.16µg (19.27%), Calcium: 187.73mg (18.77%), Zinc: 2.75mg (18.32%), Vitamin B3: 3.48mg (17.4%), Iron: 2.91mg (16.17%), Vitamin B1: 0.23mg (15.28%), Folate: 53.57µg (13.39%), Vitamin B6: 0.26mg (12.86%), Vitamin C: 8.29mg (10.04%), Vitamin B5: 0.93mg (9.26%), Potassium: 306.25mg (8.75%), Manganese: 0.17mg (8.71%), Magnesium: 25.74mg (6.44%), Fiber: 1.59g (6.38%), Vitamin A: 280.28IU (5.61%), Vitamin D: 0.8µg (5.33%), Vitamin E: 0.74mg (4.91%), Copper: 0.08mg (3.75%), Vitamin K: 2.62µg (2.5%)