



## Burger and Fries Pot Pie

READY IN



45 min.

SERVINGS



6

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 lb ground beef 80% lean (at least )
- 1 cup onion chopped
- 2 tablespoons flour all-purpose
- 14.5 oz tomatoes diced undrained canned
- 4 oz cheddar cheese shredded
- 2 cups bread crispy frozen (from 20-oz bag)

### Equipment

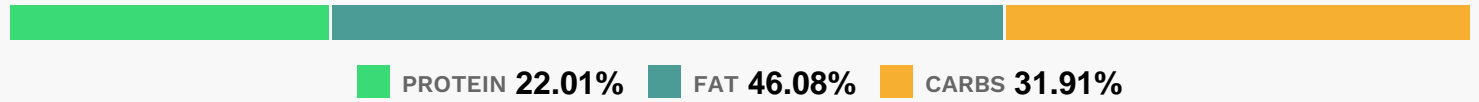
- frying pan

oven

## Directions

- Heat oven to 450°F. In 12-inch nonstick skillet, cook beef and onion over medium-high heat about 8 minutes, stirring occasionally, until beef is thoroughly cooked; drain well.
- Sprinkle flour over beef mixture. Cook 1 minute, stirring constantly. Stir in tomatoes; heat to boiling.
- Remove from heat.
- In ungreased 1 1/2-quart casserole, spread beef mixture.
- Sprinkle with cheese. Arrange frozen potatoes evenly in single layer on top.
- Bake uncovered about 20 minutes or until potatoes are golden brown.
- Let stand 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:34.92, Glycemic Load:33.61, Inflammation Score:-6, Nutrition Score:24.277391464814%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

## Nutrients (% of daily need)

Calories: 611.06kcal (30.55%), Fat: 31.15g (47.93%), Saturated Fat: 12.77g (79.84%), Carbohydrates: 48.53g (16.18%), Net Carbohydrates: 45.59g (16.58%), Sugar: 6.47g (7.19%), Cholesterol: 99.41mg (33.14%), Sodium: 773.42mg (33.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.48g (66.95%), Selenium: 45.96µg (65.66%), Vitamin B3: 9.27mg (46.35%), Vitamin B1: 0.68mg (45.13%), Vitamin B12: 2.63µg (43.78%), Zinc: 6.41mg (42.75%), Vitamin B2: 0.65mg (37.95%), Phosphorus: 371.99mg (37.2%), Iron: 6.15mg (34.17%), Folate: 124.03µg (31.01%), Vitamin B6: 0.57mg (28.64%), Manganese: 0.53mg (26.53%), Calcium: 222.79mg (22.28%), Potassium: 583.41mg (16.67%), Magnesium: 60.37mg (15.09%), Copper: 0.26mg (12.83%), Fiber: 2.94g (11.76%), Vitamin B5: 1.04mg (10.35%), Vitamin C: 8.34mg (10.12%), Vitamin E: 1.25mg (8.3%), Vitamin A: 270.07IU (5.4%), Vitamin K: 5.15µg

(4.9%), Vitamin D: 0.23 $\mu$ g (1.51%)