



Burger 'n Fries Pot Pie

READY IN



45 min.

SERVINGS



6

CALORIES



602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

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

 **PROTEIN 18.02%**  **FAT 61.19%**  **CARBS 20.79%**

Properties

Glycemic Index:32.22, Glycemic Load:15.07, Inflammation Score:-5, Nutrition Score:18.615652136181%

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: 601.6kcal (30.08%), Fat: 41.04g (63.13%), Saturated Fat: 15.94g (99.63%), Carbohydrates: 31.38g (10.46%), Net Carbohydrates: 26.62g (9.68%), Sugar: 2.83g (3.14%), Cholesterol: 99.41mg (33.14%), Sodium: 685.1mg (29.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.19g (54.38%), Vitamin B12: 2.63µg (43.78%), Zinc: 5.85mg (39.02%), Vitamin B3: 7.24mg (36.18%), Phosphorus: 349.9mg (34.99%), Selenium: 23.8µg (34%), Vitamin B6: 0.63mg (31.52%), Potassium: 830.25mg (23.72%), Iron: 4.11mg (22.82%), Vitamin B2: 0.33mg (19.58%), Fiber: 4.75g (19.02%), Calcium: 188.88mg (18.89%), Vitamin C: 13.31mg (16.14%), Manganese: 0.3mg (14.82%), Magnesium: 49.33mg (12.33%), Vitamin B5: 1.2mg (11.98%), Vitamin B1: 0.18mg (11.69%), Folate: 44.38µg (11.09%), Copper: 0.16mg (8.1%), Vitamin E: 1.08mg (7.2%), Vitamin A: 270.07IU (5.4%), Vitamin K: 4.6µg (4.38%), Vitamin D: 0.23µg (1.51%)