



Cheeseburger Pie

READY IN



60 min.

SERVINGS



12

CALORIES



634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 cups buttermilk baking mix
- ☐ 15 ounce peas canned
- ☐ 28 ounce canned tomatoes whole peeled canned
- ☐ 0.3 tablespoon chili powder
- ☐ 15 ounce green beans drained canned
- ☐ 2 pounds ground beef
- ☐ 0.3 tablespoon ground pepper black
- ☐ 1.3 cups milk
- ☐ 1 onion chopped

- ☐ 5 potatoes cooked mashed
- ☐ 8 ounces process cheese food sliced
- ☐ 0.8 tablespoon salt
- ☐ 15 ounce kernel corn whole drained canned

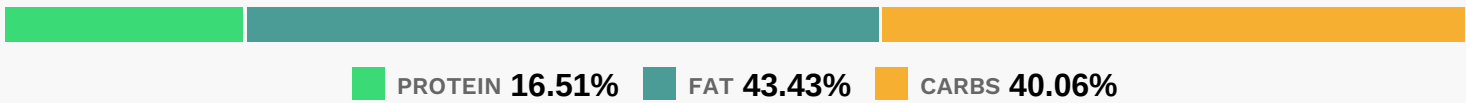
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ In a large saucepan over medium high heat, brown the ground beef for 5 to 10 minutes; drain excess fat.
- ☐ Add the onion, salt, ground black pepper, chili powder, tomatoes, corn, peas and green beans. Reduce heat to low and let simmer.
- ☐ Meanwhile, in a large bowl, combine the buttermilk baking mix and the milk.
- ☐ Mix well to form a dough. Split in half and roll dough out to line the bottom of a 9x13 inch baking dish. Make sure dough covers the bottom and sides of the dish.
- ☐ After the beef mixture has simmered for about 15 to 20 minutes, pour into the baking dish over the dough. Spoon the mashed potatoes over the beef mixture, spreading evenly.
- ☐ Layer the cheese over the potatoes.
- ☐ Roll out the other half of the dough to fit over the top. Trim the edges and seal .
- ☐ Bake at 450 degrees F (230 degrees C) for 25 to 35 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:21.15, Glycemic Load:12.92, Inflammation Score:-8, Nutrition Score:28.01391323753%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 634.2kcal (31.71%), Fat: 30.65g (47.16%), Saturated Fat: 11.87g (74.19%), Carbohydrates: 63.63g (21.21%), Net Carbohydrates: 57.59g (20.94%), Sugar: 12.51g (13.9%), Cholesterol: 76.83mg (25.61%), Sodium: 1679.28mg (73.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.23g (52.46%), Phosphorus: 677.31mg (67.73%), Vitamin B3: 7.84mg (39.18%), Vitamin C: 32.15mg (38.98%), Calcium: 389.5mg (38.95%), Vitamin B12: 2.24µg (37.38%), Vitamin B6: 0.73mg (36.6%), Vitamin B1: 0.51mg (33.68%), Zinc: 4.86mg (32.38%), Vitamin B2: 0.53mg (31.28%), Folate: 121.08µg (30.27%), Vitamin K: 31.78µg (30.27%), Selenium: 20.52µg (29.31%), Iron: 5.27mg (29.27%), Potassium: 1021.05mg (29.17%), Manganese: 0.58mg (28.8%), Fiber: 6.04g (24.14%), Vitamin A: 1140.32IU (22.81%), Magnesium: 82.09mg (20.52%), Copper: 0.35mg (17.57%), Vitamin B5: 1.47mg (14.66%), Vitamin E: 1.22mg (8.12%), Vitamin D: 0.49µg (3.25%)