

Cheeseburger Pie

READY IN



45 min.

SERVINGS



6

CALORIES



1716 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs dried
- ☐ 1 eggs beaten
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.3 teaspoon ground pepper white
- ☐ 0.5 cup cocktail sauce
- ☐ 1 pound ground beef lean
- ☐ 0.3 cup milk
- ☐ 0.3 cup onion chopped
- ☐ 9 inch pie shell

- ☐ 0.5 teaspoon seasoning salt
- ☐ 2 cups cheddar cheese shredded
- ☐ 0.5 cup tomato sauce
- ☐ 1 tablespoon worcestershire sauce

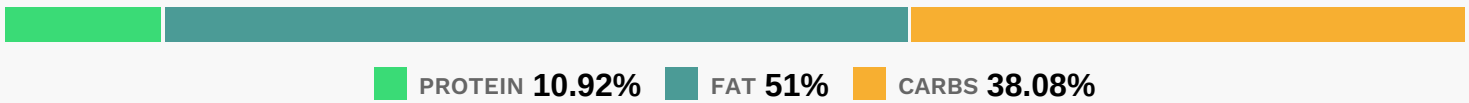
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Crumble ground beef into a large skillet.
- ☐ Saute over medium heat 1 minute, then add onion and green pepper. Continue to saute until onion begins to brown, about 5 minutes.
- ☐ Mix in 1/2 cup tomato sauce, bread crumbs, and seasoning salt. Spoon mixture into pastry shell.
- ☐ In a medium bowl, mix together cheese, egg, milk, Worcestershire sauce, and white pepper.
- ☐ Spread mixture over meat filling. Cover edges of crust with strips of aluminum foil.
- ☐ Bake in preheated oven for 15 minutes.
- ☐ Remove foil and bake an additional 15 minutes, until topping is puffy and lightly browned. Allow to set 10 to 15 minutes before serving. Make garnish sauce by mixing together 1/2 cup tomato sauce and cocktail sauce.
- ☐ Garnish each slice of pie with a spoonful of sauce.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:0.93, Inflammation Score:-8, Nutrition Score:35.867391689964%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 1715.68kcal (85.78%), Fat: 96.4g (148.3%), Saturated Fat: 33.95g (212.2%), Carbohydrates: 161.96g (53.99%), Net Carbohydrates: 153.51g (55.82%), Sugar: 7.19g (7.99%), Cholesterol: 113.04mg (37.68%), Sodium: 2167.84mg (94.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.46g (92.92%), Manganese: 1.46mg (73.23%), Vitamin B3: 13.15mg (65.73%), Selenium: 45.8µg (65.43%), Vitamin B1: 0.98mg (65.07%), Folate: 238.73µg (59.68%), Iron: 10.62mg (58.99%), Phosphorus: 588.37mg (58.84%), Vitamin B2: 0.9mg (53.07%), Zinc: 6.92mg (46.12%), Vitamin B12: 2.24µg (37.41%), Calcium: 371.57mg (37.16%), Fiber: 8.45g (33.81%), Vitamin B6: 0.54mg (27.19%), Vitamin K: 24.76µg (23.58%), Vitamin B5: 2.13mg (21.33%), Potassium: 728.59mg (20.82%), Magnesium: 82.57mg (20.64%), Copper: 0.36mg (18.04%), Vitamin E: 2.28mg (15.23%), Vitamin A: 550.24IU (11%), Vitamin C: 7.3mg (8.85%), Vitamin D: 0.56µg (3.73%)