



HEALTH SCORE

61%

Cheeseburger Pie



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



973 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large eggs
- ☐ 1 garlic clove minced
- ☐ 5 cups firmly hash browns frozen country style packed thawed
- ☐ 1 pound ground beef lean
- ☐ 1 cup milk
- ☐ 0.5 medium onion diced
- ☐ 0.5 teaspoon pepper
- ☐ 8 ounce pasteurized process cheese spread cubed

- ☐ 8 servings plum tomatoes sliced
- ☐ 30 seasoned potatoes shredded
- ☐ 0.5 teaspoon salt divided
- ☐ 3 tablespoons vegetable oil

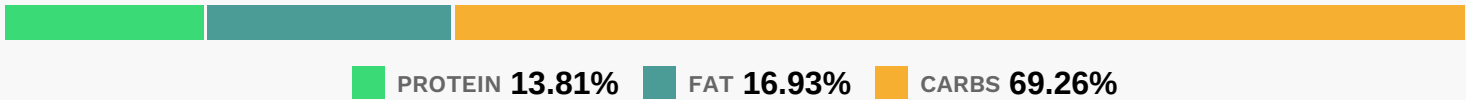
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Saut first 3 ingredients, 1/4 teaspoon salt, and pepper in a 10-inch ovenproof skillet over medium-high heat 5 to 7 minutes, stirring until beef crumbles and is no longer pink.
- ☐ Remove mixture from skillet, and drain. Wipe skillet clean with paper towels.
- ☐ Heat oil in skillet over medium-high heat; press hash browns into bottom of skillet and evenly up sides with back of a spoon. Cook 5 minutes.
- ☐ Remove from heat, and spoon beef mixture and cheese spread over hash browns. Stir together milk, eggs, and remaining 1/4 teaspoon salt; pour over cheese spread. Arrange seasoned shredded potatoes around edge of skillet, pressing into meat mixture.
- ☐ Bake at 350 for 30 minutes or until set.
- ☐ Let stand 10 minutes.
- ☐ Serve with plum tomato slices.

Nutrition Facts



Properties

Glycemic Index:34.97, Glycemic Load:109.53, Inflammation Score:-9, Nutrition Score:45.898695738419%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 6.44mg, Kaempferol: 6.44mg, Kaempferol: 6.44mg, Kaempferol: 6.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg

Nutrients (% of daily need)

Calories: 973.01kcal (48.65%), Fat: 18.35g (28.22%), Saturated Fat: 6.02g (37.6%), Carbohydrates: 168.8g (56.27%), Net Carbohydrates: 149.23g (54.26%), Sugar: 10.64g (11.83%), Cholesterol: 100.78mg (33.59%), Sodium: 583.12mg (25.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.67g (67.35%), Vitamin C: 170.73mg (206.95%), Vitamin B6: 2.75mg (137.33%), Potassium: 4011.58mg (114.62%), Fiber: 19.58g (78.31%), Manganese: 1.46mg (72.83%), Vitamin B3: 13.78mg (68.89%), Phosphorus: 687.8mg (68.78%), Vitamin B1: 0.82mg (54.4%), Magnesium: 216.89mg (54.22%), Copper: 1.05mg (52.59%), Iron: 9.12mg (50.68%), Zinc: 5.78mg (38.56%), Folate: 143.25µg (35.81%), Vitamin B5: 3.47mg (34.71%), Vitamin B2: 0.47mg (27.48%), Calcium: 264.68mg (26.47%), Vitamin B12: 1.55µg (25.77%), Selenium: 17.17µg (24.52%), Vitamin K: 25.17µg (23.97%), Vitamin A: 399.77IU (8%), Vitamin E: 0.81mg (5.4%), Vitamin D: 0.64µg (4.28%)