



## Chili-Cheese Biscuit Pies

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



580 kcal

### Ingredients

- 2 cups baking mix instant (such as Bisquick)
- 15 oz beans red rinsed drained canned
- 14 oz canned tomatoes with juices crushed canned
- 1 cup cheddar cheese grated
- 2 teaspoons chili powder
- 0.5 cup milk
- 2 tablespoons olive oil
- 1 small onion diced
- 4 servings salt

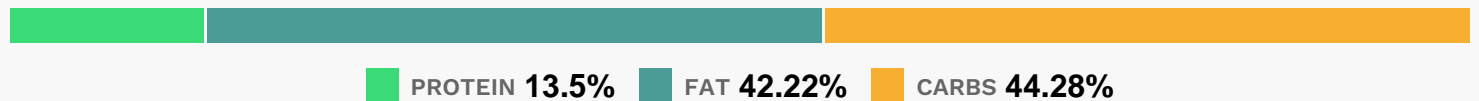
## Equipment

- bowl
- sauce pan
- oven
- aluminum foil
- muffin liners

## Directions

- Preheat oven to 450F. Lightly grease 8 muffin cups or place a foil liner in each.
- In a medium saucepan, warm oil over medium-high heat and saut onion until softened and translucent, 3 to 5 minutes. Stir in tomatoes, beans and chili powder and bring to a boil. Reduce heat and simmer for 5 minutes, until chili is slightly thickened. Season with salt.
- While chili is cooking, combine biscuit mix and milk in a medium bowl. Turn out onto a lightly floured work surface and pat into a 6-by-9-inch rectangle.
- Cut into 8 squares and put each square into a muffin-tin cup, pressing down gently and pushing slightly up sides of each cup.
- Scoop about 1/4 cup chili into each cup.
- Sprinkle each with cheese.
- Bake until chili and cheese are bubbling, about 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:45.5, Glycemic Load:8.39, Inflammation Score:-8, Nutrition Score:23.992173982703%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

3.55mg, Quercetin: 3.55mg

## Nutrients (% of daily need)

Calories: 579.92kcal (29%), Fat: 27.64g (42.53%), Saturated Fat: 9.49g (59.28%), Carbohydrates: 65.22g (21.74%), Net Carbohydrates: 55.8g (20.29%), Sugar: 15.7g (17.44%), Cholesterol: 33.11mg (11.04%), Sodium: 1576.11mg (68.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.89g (39.77%), Phosphorus: 663.71mg (66.37%), Calcium: 416.72mg (41.67%), Vitamin B1: 0.57mg (37.86%), Fiber: 9.43g (37.7%), Manganese: 0.74mg (36.95%), Vitamin B2: 0.57mg (33.28%), Folate: 125.08µg (31.27%), Iron: 4.58mg (25.43%), Vitamin B3: 4.65mg (23.23%), Copper: 0.46mg (22.84%), Potassium: 777.59mg (22.22%), Selenium: 15.13µg (21.62%), Magnesium: 81.27mg (20.32%), Vitamin E: 2.96mg (19.73%), Vitamin K: 19.63µg (18.69%), Vitamin B6: 0.36mg (17.98%), Vitamin A: 845.06IU (16.9%), Zinc: 2.52mg (16.81%), Vitamin C: 11.46mg (13.89%), Vitamin B5: 1.21mg (12.05%), Vitamin B12: 0.7µg (11.64%), Vitamin D: 0.5µg (3.37%)