



Chinese Pie

 **Gluten Free**

READY IN



60 min.

SERVINGS



6

CALORIES



766 kcal

Ingredients

- 1 pound ground beef cooked
- 1 cup sauce white
- 6 potatoes cubed peeled
- 1 pound cheddar cheese shredded divided
- 15.3 ounce kernel corn whole drained canned

Equipment

- bowl
- oven
- pot

- casserole dish
- potato masher

Directions

- Preheat oven to 350 degrees F (175 degrees C). Butter a 9x13-inch casserole dish.
- Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, 15 to 20 minutes.
- Drain and transfer to a bowl. Mash potatoes using a potato masher or fork.
- Stir ground beef and white sauce together in a bowl; spread into the prepared casserole dish.
- Layer corn over beef mixture.
- Measure about 1/2 cup Cheddar cheese and set aside.
- Sprinkle the remaining Cheddar cheese over corn layer; top with mashed potatoes.
- Sprinkle reserved 1/2 cup Cheddar cheese over potatoes.
- Bake in the preheated oven until cooked through and cheese is melted, about 30 minutes.

Nutrition Facts

PROTEIN 19.27% **FAT 49.55%** **CARBS 31.18%**

Properties

Glycemic Index:18.46, Glycemic Load:27.74, Inflammation Score:-7, Nutrition Score:27.060434600581%

Flavonoids

Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 765.9kcal (38.3%), Fat: 42.08g (64.75%), Saturated Fat: 20.53g (128.31%), Carbohydrates: 59.6g (19.87%), Net Carbohydrates: 54.91g (19.97%), Sugar: 11.02g (12.24%), Cholesterol: 129.27mg (43.09%), Sodium: 1148.47mg (49.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.82g (73.65%), Phosphorus: 616.64mg (61.66%), Calcium: 575.09mg (57.51%), Vitamin C: 43.19mg (52.35%), Selenium: 33.37µg (47.68%), Vitamin B6: 0.92mg (46.23%), Zinc: 6.75mg (45.03%), Vitamin B12: 2.42µg (40.32%), Potassium: 1242.64mg (35.5%), Vitamin B2: 0.52mg (30.84%), Vitamin B3: 6.04mg (30.21%), Magnesium: 90.18mg (22.54%), Manganese: 0.38mg (19.07%), Folate: 76.14µg (19.04%), Iron: 3.41mg (18.93%), Fiber: 4.69g (18.74%), Copper: 0.32mg (16.17%), Vitamin B1: 0.24mg (15.71%), Vitamin A: 761.76IU (15.24%), Vitamin B5: 1.32mg (13.22%), Vitamin K: 7.22µg (6.88%), Vitamin E: 0.9mg

(5.99%), Vitamin D: 0.53 μ g (3.53%)