



Chinese' Pie

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



6

CALORIES



342 kcal

Ingredients

- 30 ounce regular corn cream-style canned
- 1 tablespoon canola oil
- 6 servings salt and ground pepper black to taste
- 1 pound ground beef lean
- 1 onion diced
- 4 cups potatoes mashed

Equipment

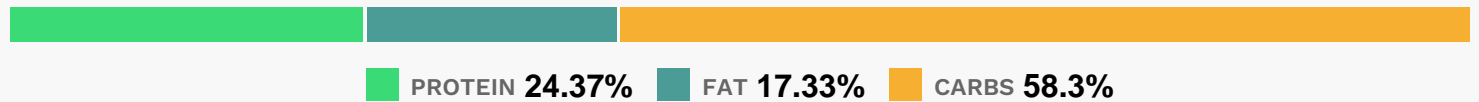
- frying pan
- oven

casserole dish

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease a 2-quart casserole with butter.
- Heat canola oil in a skillet over medium heat; cook and stir onion until translucent, about 5 minutes. Stir ground beef into onion, season with salt and black pepper, and cook ground beef mixture until browned and crumbly, about 10 more minutes.
- Drain excess grease.
- Spread cooked ground beef mixture into bottom of the prepared casserole dish; pour cream-style corn over the ground beef in a layer; top with layer of mashed potatoes.
- Bake in the preheated oven until potatoes are browned and casserole is bubbling, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:23.79, Glycemic Load:18.29, Inflammation Score:-6, Nutrition Score:18.661304328753%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 341.64kcal (17.08%), Fat: 6.86g (10.55%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 51.89g (17.3%), Net Carbohydrates: 46.77g (17.01%), Sugar: 6.45g (7.16%), Cholesterol: 46.87mg (15.62%), Sodium: 429.01mg (18.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.69g (43.38%), Vitamin C: 34.75mg (42.12%), Vitamin B6: 0.82mg (41.05%), Vitamin B3: 7.01mg (35.06%), Zinc: 5.04mg (33.58%), Phosphorus: 307.25mg (30.73%), Potassium: 1069.01mg (30.54%), Vitamin B12: 1.69µg (28.22%), Folate: 90.63µg (22.66%), Fiber: 5.12g (20.47%), Selenium: 14.24µg (20.34%), Iron: 3.48mg (19.32%), Magnesium: 74.93mg (18.73%), Manganese: 0.35mg (17.73%), Copper: 0.29mg (14.58%), Vitamin B2: 0.25mg (14.52%), Vitamin B1: 0.19mg (12.37%), Vitamin B5: 1.18mg (11.79%), Vitamin E: 0.74mg (4.92%), Vitamin K: 4.79µg (4.56%), Calcium: 32.52mg (3.25%), Vitamin A: 108.61IU (2.17%)