



Country Pie



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



6

CALORIES



201 kcal

Ingredients

- 1 lb extra ground beef lean
- 1.5 cups minute rice white uncooked
- 14 oz spaghetti sauce divided
- 6 oz velveeta®
- 6 oz velveeta®

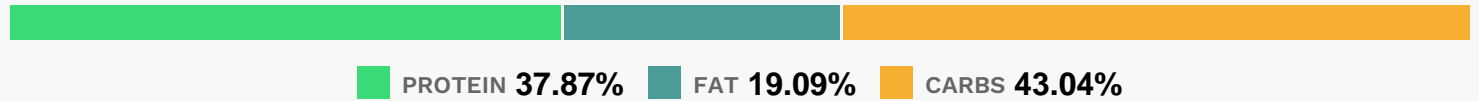
Equipment

- oven
- aluminum foil

Directions

- Preheat oven to 350F.
- Combine meat and 1/2 cup of the spaghetti sauce; spread evenly into greased deep 9-inch pie plate.
- Mix remaining sauce with rice; spoon over meat.
- Sprinkle with Velveeta; cover with foil.
- Bake 25 min.
- Remove foil. Continue baking, uncovered, 15 min.
- Let stand 10 min. Carefully drain off any fat, then cut into 6 wedges to serve.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:1.13, Inflammation Score:-5, Nutrition Score:13.197826074517%

Nutrients (% of daily need)

Calories: 201.15kcal (10.06%), Fat: 4.18g (6.43%), Saturated Fat: 1.76g (11%), Carbohydrates: 21.21g (7.07%), Net Carbohydrates: 19.81g (7.2%), Sugar: 2.37g (2.63%), Cholesterol: 46.87mg (15.62%), Sodium: 365.59mg (15.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.66g (37.32%), Vitamin B3: 6.32mg (31.58%), Selenium: 21.55µg (30.78%), Zinc: 4.3mg (28.67%), Vitamin B12: 1.69µg (28.22%), Iron: 3.79mg (21.05%), Vitamin B6: 0.39mg (19.37%), Phosphorus: 192.92mg (19.29%), Folate: 68.86µg (17.21%), Vitamin B1: 0.25mg (16.4%), Manganese: 0.29mg (14.51%), Potassium: 463.84mg (13.25%), Vitamin B2: 0.17mg (10.04%), Copper: 0.17mg (8.62%), Vitamin B5: 0.78mg (7.83%), Vitamin E: 1.17mg (7.82%), Magnesium: 29.56mg (7.39%), Vitamin A: 286.42IU (5.73%), Vitamin C: 4.63mg (5.61%), Fiber: 1.4g (5.6%), Calcium: 20.79mg (2.08%), Vitamin K: 2.1µg (2%)