



## Country Pie

READY IN



45 min.

SERVINGS



6

CALORIES



396 kcal

### Ingredients

- 1 cup bread crumbs dried
- 0.3 teaspoon basil dried
- 0.3 teaspoon rosemary dried
- 1 ounce onion soup mix dry
- 1.3 cups rice instant
- 1 pound ground beef lean
- 0.5 onion chopped
- 0.5 teaspoon oregano dried
- 0.5 cup cheddar cheese shredded
- 1.5 cups tomato sauce

1 cup water

## Equipment

bowl

oven

aluminum foil

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, combine ground beef, onion soup mix, 8 ounces tomato sauce, chopped onion, bread crumbs, 1/2 teaspoon oregano, and 1/2 cup shredded cheese.

Mix thoroughly and press into a 9 inch pie plate.

In a medium bowl, combine instant rice, water, 1 1/2 cups tomato sauce, 1/2 teaspoon oregano, basil, and rosemary.

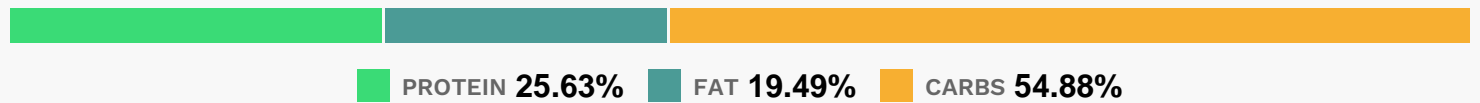
Mix well and pour over meat layer. Cover with aluminum foil.

Bake in preheated oven for 30 minutes.

Remove foil and sprinkle top with remaining 1/2 cup Cheddar cheese. Return pie to oven for an additional 10 minutes.

Let stand 5 minutes before cutting.

## Nutrition Facts



## Properties

Glycemic Index:39.2, Glycemic Load:21.09, Inflammation Score:-6, Nutrition Score:17.643478181051%

## Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

## Nutrients (% of daily need)

Calories: 395.91kcal (19.8%), Fat: 8.43g (12.96%), Saturated Fat: 3.84g (23.98%), Carbohydrates: 53.38g (17.79%), Net Carbohydrates: 50.56g (18.38%), Sugar: 3.99g (4.44%), Cholesterol: 56.29mg (18.76%), Sodium: 917.49mg (39.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.93g (49.86%), Selenium: 27.22µg (38.89%), Manganese: 0.74mg (37.12%), Zinc: 5.12mg (34.12%), Vitamin B3: 6.71mg (33.54%), Vitamin B12: 1.86µg (30.94%), Phosphorus: 299.32mg (29.93%), Vitamin B6: 0.49mg (24.65%), Iron: 3.78mg (20.99%), Vitamin B2: 0.31mg (18.39%), Vitamin B1: 0.27mg (17.93%), Potassium: 583.98mg (16.69%), Copper: 0.3mg (14.83%), Calcium: 140.1mg (14.01%), Vitamin B5: 1.28mg (12.83%), Magnesium: 51.28mg (12.82%), Fiber: 2.82g (11.28%), Folate: 36.1µg (9.02%), Vitamin E: 1.27mg (8.45%), Vitamin A: 363.73IU (7.27%), Vitamin C: 5.13mg (6.22%), Vitamin K: 5.25µg (5%)