



Creamy Beef Fold-Over Pie

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



277 kcal

Ingredients

- 1 lb ground beef 80% lean (at least)
- 0.3 cup onion chopped
- 10.8 oz cream of mushroom soup canned
- 1.5 cups savory vegetable mixed frozen thawed drained
- 1 tablespoon catsup
- 0.5 cup water boiling
- 1 oz cheddar cheese shredded
- 2 cups frangelico

Equipment

- bowl
- frying pan
- oven
- pizza pan

Directions

- Move oven rack to lowest position; heat oven to 375°F. Spray 12-inch pizza pan with cooking spray. In 10-inch skillet, cook beef and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain.
- Stir soup, vegetables and ketchup into beef mixture. Cook 3 to 4 minutes, stirring occasionally, until heated through.
- Meanwhile, in medium bowl, stir Bisquick mix and boiling water until soft dough forms. On surface sprinkled with Bisquick mix, gently roll dough to coat with mix. Shape dough into a ball; knead about 5 times or until smooth.
- Roll dough into 14-inch round; place on pizza pan.
- Spoon beef mixture over dough to within 2 inches of edge. Fold edge of dough up over beef mixture.
- Bake 24 to 27 minutes or until crust is golden brown. Top with cheese.
- Bake 3 to 4 minutes longer or until cheese is melted.
- Let stand 5 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:2.11, Inflammation Score:-9, Nutrition Score:12.624782590762%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 276.59kcal (13.83%), Fat: 18.19g (27.99%), Saturated Fat: 7.37g (46.03%), Carbohydrates: 10.19g (3.4%), Net Carbohydrates: 8.15g (2.96%), Sugar: 0.83g (0.92%), Cholesterol: 60.94mg (20.31%), Sodium: 486.99mg (21.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.03g (36.06%), Vitamin A: 2370.79IU (47.42%), Vitamin B12: 1.75µg (29.15%), Zinc: 4.11mg (27.43%), Vitamin B3: 4.27mg (21.34%), Phosphorus: 185.24mg (18.52%), Selenium: 12.91µg (18.44%), Vitamin B6: 0.32mg (16.17%), Manganese: 0.28mg (14.13%), Iron: 2.28mg (12.69%), Vitamin B2: 0.21mg (12.22%), Potassium: 384.97mg (11%), Copper: 0.2mg (9.97%), Fiber: 2.04g (8.17%), Magnesium: 29.79mg (7.45%), Vitamin B1: 0.1mg (6.86%), Vitamin C: 5.33mg (6.46%), Calcium: 62.92mg (6.29%), Folate: 24.53µg (6.13%), Vitamin B5: 0.58mg (5.79%), Vitamin E: 0.38mg (2.55%), Vitamin K: 1.58µg (1.5%)