

# Easy BBQ Ground Beef & Potato Pie

 **Gluten Free**

READY IN



**25 min.**

SERVINGS



**25**

CALORIES



**73 kcal**

## Ingredients

- 0.5 cup original barbecue sauce kraft
- 16 oz vegetables mixed frozen (carrots, corn, green beans, peas)
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 1 lb ground beef lean
- 16 oz potato wedges frozen
- 0.5 cup cheddar cheese shredded kraft
- 1 tomatoes chopped

## Equipment

- bowl

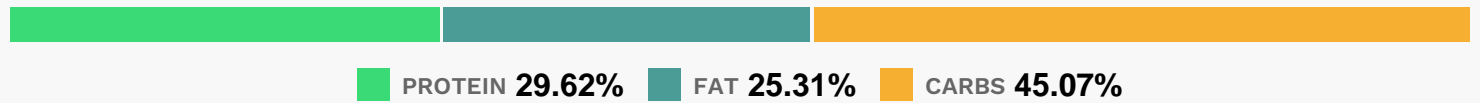
microwave

colander

## Directions

- Place meat in microwaveable plastic colander set over bowl. Microwave on HIGH 8 min., stirring every 2 min. to break up meat. Spoon meat into 9-inch microwaveable dish with lid; discard drippings from bowl.
- Add frozen vegetables to meat; mix well. Microwave 2 min. Top with tomatoes and potatoes.
- Mix barbecue sauce and dressing.
- Pour over vegetables; partially cover with lid. Microwave on HIGH 10 min. or until potatoes are tender.
- Top with cheese; microwave 2 min. or until melted.
- Let stand 3 min. before serving.

## Nutrition Facts



## Properties

Glycemic Index:7.75, Glycemic Load:3.16, Inflammation Score:-6, Nutrition Score:4.9421738781359%

## Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 73.21kcal (3.66%), Fat: 2.08g (3.2%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 8.33g (2.78%), Net Carbohydrates: 7.1g (2.58%), Sugar: 2.3g (2.56%), Cholesterol: 13.51mg (4.5%), Sodium: 107.21mg (4.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.95%), Vitamin A: 998.56IU (19.97%), Zinc: 1.16mg (7.73%), Vitamin B6: 0.15mg (7.63%), Vitamin C: 6.17mg (7.48%), Vitamin B3: 1.48mg (7.41%), Vitamin B12: 0.43µg (7.17%), Phosphorus: 69.82mg (6.98%), Potassium: 205.29mg (5.87%), Selenium: 4.02µg (5.74%), Fiber: 1.24g (4.94%), Iron: 0.8mg (4.46%), Manganese: 0.09mg (4.36%), Vitamin B2: 0.06mg (3.8%), Magnesium: 14.47mg (3.62%), Vitamin B1: 0.05mg (3.21%), Copper: 0.06mg (2.92%), Calcium: 26.86mg (2.69%), Folate: 10.4µg (2.6%), Vitamin B5: 0.22mg (2.23%), Vitamin K: 1.6µg (1.53%), Vitamin E: 0.17mg (1.12%)