



## Easy Hamburger Pot Pie

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb ground beef 80% lean (at least )
- 1.5 teaspoons onion powder
- 0.5 teaspoon salt
- 0.8 teaspoon pepper
- 12 oz savory vegetable mixed frozen thawed drained
- 10.8 oz all natural tomato soup canned
- 0.5 cup milk
- 1 eggs

- 2 ounces cheddar cheese shredded
- 1 cup frangelico

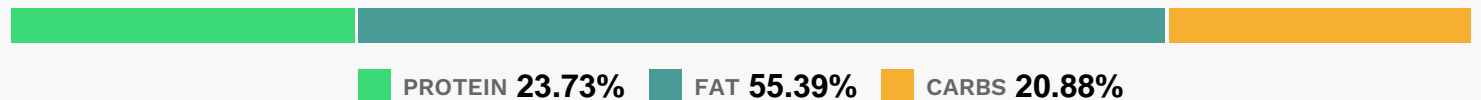
## Equipment

- bowl
- frying pan
- oven
- whisk

## Directions

- Heat oven to 375°F. In 12-inch skillet, cook beef, onion powder, salt and pepper over medium-high heat 5 to 7 minutes, stirring frequently, until beef is brown; drain.
- Stir vegetables and soup into beef; heat to boiling. Spoon into ungreased 2-quart casserole.
- In small bowl, stir Bisquick mix, milk, and egg with wire whisk or fork until blended.
- Pour over hot beef mixture.
- Bake uncovered 25 to 30 minutes or until crust is golden brown. Top with cheese.
- Bake 3 to 5 minutes longer or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:29.75, Glycemic Load:5.49, Inflammation Score:-9, Nutrition Score:16.068695721419%

## Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 325.41kcal (16.27%), Fat: 20.21g (31.1%), Saturated Fat: 8.34g (52.13%), Carbohydrates: 17.15g (5.72%), Net Carbohydrates: 14.18g (5.16%), Sugar: 5.25g (5.83%), Cholesterol: 92.84mg (30.95%), Sodium: 542.94mg (23.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.48g (38.96%), Vitamin A: 3246.88IU (64.94%), Vitamin B12: 1.89µg (31.55%), Zinc: 4.06mg (27.03%), Selenium: 18.49µg (26.41%), Phosphorus: 248.99mg (24.9%), Vitamin B3: 4.38mg (21.89%), Potassium: 665.96mg (19.03%), Vitamin B6: 0.38mg (18.9%), Vitamin B2: 0.27mg (15.99%),

Vitamin C: 12.57mg (15.23%), Iron: 2.49mg (13.85%), Calcium: 133.46mg (13.35%), Manganese: 0.26mg (12.93%),  
Fiber: 2.97g (11.86%), Magnesium: 40.44mg (10.11%), Vitamin B1: 0.14mg (9.51%), Vitamin B5: 0.71mg (7.06%),  
Copper: 0.14mg (6.96%), Folate: 27.53µg (6.88%), Vitamin E: 0.64mg (4.3%), Vitamin K: 3.73µg (3.55%), Vitamin D:  
0.5µg (3.35%)