



Easy Sloppy Joe Pot Pie

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground beef lean
- 0.5 cup onion chopped
- 15.5 ounces sauce canned
- 4 ounces cheddar cheese shredded
- 0.5 cup milk
- 1 eggs
- 1 cup frangelico

Equipment

frying pan

oven

Directions

Heat oven to 400°F. Cook beef and onion in ovenproof 10-inch skillet over medium heat, stirring occasionally, until beef is brown; drain. Stir in sloppy joe sauce.

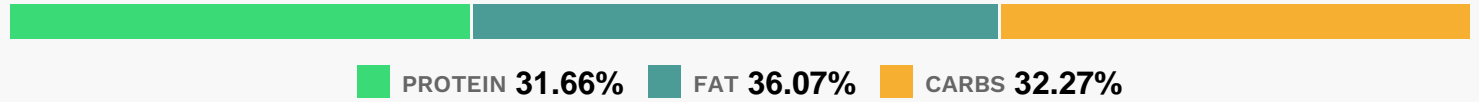
Sprinkle with cheese.

Stir remaining ingredients until blended.

Pour over beef mixture.

Bake about 30 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:0.76, Inflammation Score:-3, Nutrition Score:11.209565201531%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 298.05kcal (14.9%), Fat: 11.64g (17.91%), Saturated Fat: 5.94g (37.14%), Carbohydrates: 23.43g (7.81%), Net Carbohydrates: 23.21g (8.44%), Sugar: 18.55g (20.61%), Cholesterol: 95.49mg (31.83%), Sodium: 1071.01mg (46.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.99g (45.97%), Vitamin B12: 2.07µg (34.48%), Zinc: 4.74mg (31.61%), Selenium: 21.21µg (30.3%), Phosphorus: 275.17mg (27.52%), Vitamin B3: 4.21mg (21.03%), Vitamin B6: 0.35mg (17.51%), Calcium: 172.61mg (17.26%), Vitamin B2: 0.27mg (15.9%), Iron: 1.99mg (11.03%), Potassium: 336.21mg (9.61%), Vitamin B5: 0.77mg (7.68%), Magnesium: 26.39mg (6.6%), Vitamin A: 262.18IU (5.24%), Vitamin B1: 0.06mg (3.8%), Copper: 0.08mg (3.76%), Vitamin D: 0.56µg (3.73%), Folate: 13.73µg (3.43%), Vitamin E: 0.44mg (2.96%), Manganese: 0.03mg (1.48%), Vitamin C: 0.99mg (1.2%)