

Easy Taco Pie

READY IN

ready

50 min.

SERVINGS

servings

6

CALORIES

calories

583 kcal

Ingredients

- ☐ 8 ounce crescent roll dough refrigerated
- ☐ 1 pound ground beef
- ☐ 14 ounce refried beans canned
- ☐ 1 cup salsa drained
- ☐ 1.5 cups cheddar cheese shredded
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1.3 ounce taco seasoning

Equipment

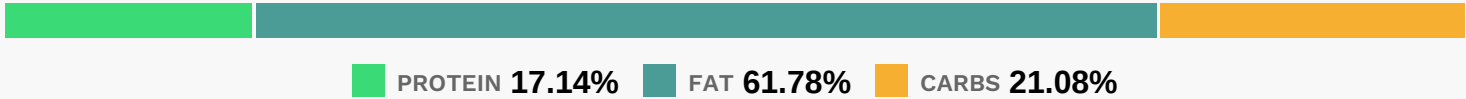
- ☐ frying pan

- ☐ oven
- ☐ pie form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Prepare a large deep-dish pie pan with cooking spray.
- ☐ Heat a large skillet over medium-high heat. Break ground beef into small pieces and add to hot skillet; cook and stir until the beef is crumbly and no longer pink, 7 to 10 minutes.
- ☐ Drain and discard any excess grease. Season drained beef with taco seasoning.
- ☐ Press refrigerated dough into the bottom of the prepared pan.
- ☐ Spread refried beans in an even layer onto the dough.
- ☐ Spread sour cream into a layer atop the refried beans.
- ☐ Sprinkle ground beef evenly over the sour cream; top with salsa and Cheddar cheese.
- ☐ Bake in the preheated oven until cheese is melted and bubbly and crust has browned, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:1.9, Inflammation Score:-7, Nutrition Score:14.299130486405%

Nutrients (% of daily need)

Calories: 583.47kcal (29.17%), Fat: 40.37g (62.11%), Saturated Fat: 18.51g (115.67%), Carbohydrates: 30.99g (10.33%), Net Carbohydrates: 26.32g (9.57%), Sugar: 9.59g (10.66%), Cholesterol: 104.54mg (34.85%), Sodium: 1685.15mg (73.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.2g (50.41%), Vitamin B12: 2µg (33.3%), Selenium: 21.14µg (30.2%), Zinc: 4.41mg (29.4%), Phosphorus: 291.83mg (29.18%), Calcium: 286.01mg (28.6%), Vitamin A: 1338.84IU (26.78%), Fiber: 4.67g (18.67%), Vitamin B3: 3.73mg (18.66%), Vitamin B2: 0.31mg (18.51%), Vitamin B6: 0.36mg (17.78%), Iron: 3.19mg (17.73%), Potassium: 385.59mg (11.02%), Vitamin E: 1.2mg (7.97%), Magnesium: 30.81mg (7.7%), Vitamin B5: 0.71mg (7.13%), Vitamin C: 3.83mg (4.64%), Copper: 0.09mg (4.53%), Vitamin B1: 0.06mg (4.24%), Vitamin K: 4.43µg (4.22%), Folate: 15.26µg (3.81%), Manganese: 0.06mg (3.18%), Vitamin D: 0.25µg (1.63%)