



Easy Taco Pot Pie

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground beef lean
- 0.5 cup onion chopped
- 9 oz from 1 bottle old el mild taco sauce
- 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 taco sauce.

Sprinkle with cheese.

Stir remaining ingredients until blended.

Pour over beef mixture.

Bake about 30 minutes or until golden brown.

Nutrition Facts

PROTEIN 42.85% **FAT 49.94%** **CARBS 7.21%**

Properties

Glycemic Index:15.33, Glycemic Load:0.76, Inflammation Score:-3, Nutrition Score:11.618695608948%

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: 213.8kcal (10.69%), Fat: 11.61g (17.86%), Saturated Fat: 5.94g (37.14%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 3.55g (1.29%), Sugar: 1.63g (1.81%), Cholesterol: 95.49mg (31.83%), Sodium: 192.94mg (8.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.41g (44.82%), Vitamin B12: 2.07µg (34.48%), Zinc: 4.83mg (32.18%), Selenium: 21.21µg (30.3%), Phosphorus: 279.42mg (27.94%), Vitamin B3: 4.29mg (21.45%), Calcium: 182.39mg (18.24%), Vitamin B6: 0.35mg (17.51%), Vitamin B2: 0.27mg (15.9%), Iron: 2.18mg (12.12%), Potassium: 373.21mg (10.66%), Magnesium: 37.44mg (9.36%), Vitamin B5: 0.77mg (7.68%), Vitamin A: 262.18IU (5.24%), Vitamin B1: 0.06mg (3.8%), Copper: 0.08mg (3.76%), Vitamin D: 0.56µg (3.73%), Manganese: 0.07mg (3.6%), Folate: 13.73µg (3.43%), Vitamin E: 0.44mg (2.96%), Vitamin C: 0.99mg (1.2%)