



Gluten-Free Easy Sloppy Joe Pot Pie

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.5 cup onion chopped
- ☐ 15.5 oz sauce canned
- ☐ 4 oz cheddar cheese shredded
- ☐ 2 eggs slightly beaten
- ☐ 1 cup milk
- ☐ 1 cup frangelico gluten free

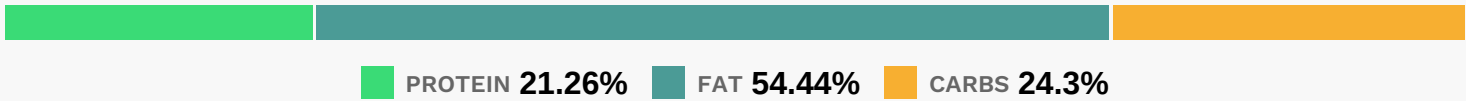
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400°F. Lightly grease bottom only of 8-inch square (2-quart) glass baking dish with shortening or cooking spray. In 10-inch skillet, cook beef and onion over medium heat, stirring occasionally, until beef is browned; drain. Stir in sloppy joe sauce and cheese. Spoon into baking dish.
- ☐ In medium bowl, stir together 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:1.12, Inflammation Score:-3, Nutrition Score:11.558260826961%

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: 409.19kcal (20.46%), Fat: 24.33g (37.43%), Saturated Fat: 10.65g (66.57%), Carbohydrates: 24.44g (8.15%), Net Carbohydrates: 24.21g (8.8%), Sugar: 19.56g (21.73%), Cholesterol: 132.01mg (44%), Sodium: 1089.9mg (47.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.37g (42.74%), Vitamin B12: 2.17µg (36.14%), Selenium: 22.03µg (31.47%), Zinc: 4.23mg (28.21%), Phosphorus: 279.99mg (28%), Calcium: 208.53mg (20.85%), Vitamin B2: 0.32mg (18.94%), Vitamin B3: 3.27mg (16.37%), Vitamin B6: 0.32mg (16.15%), Iron: 1.78mg (9.9%), Potassium: 319.38mg (9.13%), Vitamin B5: 0.85mg (8.5%), Vitamin A: 334.72IU (6.69%), Magnesium: 25.93mg (6.48%), Vitamin D: 0.93µg (6.2%), Vitamin B1: 0.07mg (4.85%), Folate: 18.69µg (4.67%), Vitamin E: 0.63mg (4.19%), Copper: 0.07mg (3.43%), Vitamin K: 2.03µg (1.94%), Manganese: 0.03mg (1.62%), Vitamin C: 0.99mg (1.2%)