



Gluten-Free Impossibly Easy Cheeseburger Pie

 Gluten Free  Popular

READY IN



40 min.

SERVINGS



6

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 1 medium onion chopped
- 0.5 teaspoon salt
- 0.1 teaspoon pepper
- 4 oz cheddar cheese shredded
- 1 cup milk
- 3 eggs

0.5 cup frangelico gluten free

Equipment

bowl

frying pan

oven

knife

Directions

Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray. In 10-inch skillet, cook beef and onion over medium-high heat, stirring frequently, until beef is thoroughly cooked; drain. Stir in salt and pepper.

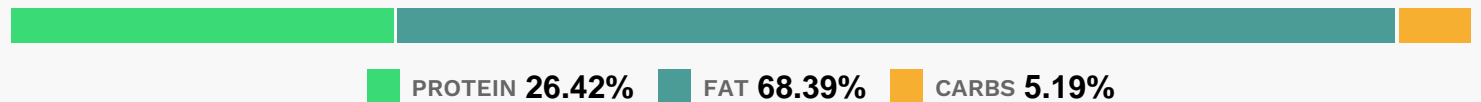
Spread in pie plate; sprinkle with cheese.

In medium bowl, stir Bisquick mix, milk and eggs until blended.

Pour into pie plate.

Bake 25 to 30 minutes or until knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:1.23, Inflammation Score:-3, Nutrition Score:12.380869497424%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 332.43kcal (16.62%), Fat: 24.96g (38.4%), Saturated Fat: 10.88g (68.02%), Carbohydrates: 4.26g (1.42%), Net Carbohydrates: 3.94g (1.43%), Sugar: 2.88g (3.2%), Cholesterol: 159.29mg (53.1%), Sodium: 415.48mg (18.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.7g (43.39%), Vitamin B12: 2.23µg (37.23%), Selenium: 24.31µg (34.73%), Phosphorus: 296.02mg (29.6%), Zinc: 4.34mg (28.91%), Calcium: 214.09mg (21.41%), Vitamin B2: 0.36mg (21%), Vitamin B6: 0.34mg (17.08%), Vitamin B3: 3.29mg (16.43%), Iron: 1.93mg (10.7%), Vitamin B5: 0.97mg (9.7%),

Potassium: 337.39mg (9.64%), Vitamin A: 374.65IU (7.49%), Vitamin D: 1.08µg (7.18%), Magnesium: 27.38mg (6.85%), Folate: 23.09µg (5.77%), Vitamin B1: 0.08mg (5.2%), Vitamin E: 0.71mg (4.71%), Copper: 0.08mg (3.82%), Manganese: 0.05mg (2.34%), Vitamin K: 2.14µg (2.04%), Vitamin C: 1.36mg (1.64%), Fiber: 0.32g (1.29%)