



## Gluten-Free Impossibly Easy Taco Pie

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



317 kcal

### Ingredients

- 4.5 oz chilis green drained chopped old el paso® canned
- 2 eggs
- 1 lb ground beef 80% lean (at least )
- 1 cup milk
- 0.5 cup onion chopped
- 3 oz cheddar cheese shredded
- 1 oz taco seasoning old el paso®
- 0.8 cup tomatoes chopped
- 0.5 cup frangelico gluten free bisquick®

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## Equipment

bowl

frying pan

oven

## 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 heat, stirring occasionally, until beef is brown; drain. Stir in seasoning mix. Spoon into pie plate. Top with chiles.

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

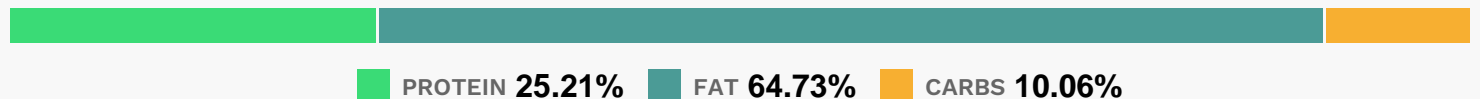
Pour into pie plate.

Bake about 25 minutes. Top with cheese and tomato; bake 2 to 3 minutes longer or until cheese is melted.

Let stand 5 minutes before serving.

Serve with lettuce, salsa and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:21.67, Glycemic Load:1.28, Inflammation Score:-6, Nutrition Score:13.292173810627%

## Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

## Nutrients (% of daily need)

Calories: 317.26kcal (15.86%), Fat: 22.74g (34.99%), Saturated Fat: 9.75g (60.97%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 6.26g (2.28%), Sugar: 4g (4.44%), Cholesterol: 127.29mg (42.43%), Sodium: 646.72mg

(28.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.93g (39.86%), Vitamin B12: 2.12µg (35.3%), Selenium: 20.76µg (29.65%), Zinc: 4.11mg (27.4%), Phosphorus: 265.16mg (26.52%), Calcium: 184.64mg (18.46%), Vitamin B2: 0.31mg (18.3%), Vitamin A: 912.56IU (18.25%), Vitamin B6: 0.36mg (18.01%), Vitamin B3: 3.52mg (17.58%), Vitamin C: 12.94mg (15.68%), Iron: 2.43mg (13.48%), Potassium: 383.91mg (10.97%), Vitamin B5: 0.87mg (8.65%), Folate: 31.97µg (7.99%), Magnesium: 27.55mg (6.89%), Fiber: 1.7g (6.8%), Vitamin D: 0.9µg (6.01%), Vitamin B1: 0.08mg (5.36%), Vitamin E: 0.69mg (4.63%), Copper: 0.08mg (3.9%), Vitamin K: 3.39µg (3.23%), Manganese: 0.05mg (2.66%)