



WHATSheATE



Gluten-Free Impossibly Easy Taco Pie



Gluten Free



Popular

READY IN



50 min.

SERVINGS



6

CALORIES



353 kcal

Ingredients

- ☐ 2 eggs
- ☐ 4.5 oz chilis gluten-free green drained chopped canned
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1.5 cups lettuce shredded
- ☐ 1 cup milk
- ☐ 0.5 cup onion chopped
- ☐ 6 servings salsa
- ☐ 3 oz cheddar cheese shredded
- ☐ 6 servings cream gluten-free sour

- ☐ 1 oz taco seasoning gluten-free
- ☐ 0.8 cup tomatoes chopped
- ☐ 0.5 cup frangelico gluten free
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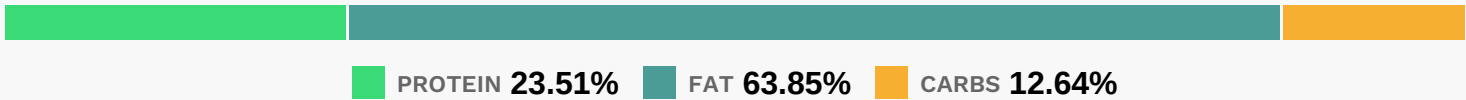
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400F. 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:27, Glycemic Load:1.38, Inflammation Score:-7, Nutrition Score:15.448260950006%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

0.04mg, Myricetin: 0.04mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 352.82kcal (17.64%), Fat: 25.16g (38.7%), Saturated Fat: 10.98g (68.6%), Carbohydrates: 11.21g (3.74%), Net Carbohydrates: 8.71g (3.17%), Sugar: 5.98g (6.65%), Cholesterol: 134.37mg (44.79%), Sodium: 862.16mg (37.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.84g (41.69%), Vitamin B12: 2.14µg (35.72%), Selenium: 21.51µg (30.72%), Phosphorus: 288.12mg (28.81%), Zinc: 4.24mg (28.27%), Vitamin A: 1231.28IU (24.63%), Vitamin B6: 0.43mg (21.45%), Calcium: 208.96mg (20.9%), Vitamin B2: 0.35mg (20.35%), Vitamin B3: 3.91mg (19.54%), Vitamin C: 14.16mg (17.16%), Iron: 2.64mg (14.68%), Potassium: 506.85mg (14.48%), Fiber: 2.49g (9.97%), Vitamin B5: 0.99mg (9.87%), Folate: 39.19µg (9.8%), Vitamin K: 9.25µg (8.81%), Magnesium: 34.81mg (8.7%), Vitamin E: 1.16mg (7.75%), Vitamin B1: 0.1mg (6.76%), Vitamin D: 0.9µg (6.01%), Manganese: 0.11mg (5.66%), Copper: 0.11mg (5.27%)