



Ground Beef and Twice-Baked Potato Pie

READY IN



65 min.

SERVINGS



4

CALORIES



452 kcal

Ingredients

- ☐ 0.3 cup breadcrumbs plain progresso®
- ☐ 1 eggs
- ☐ 1 package garlic refrigerated mashed (1 lb 8 oz)
- ☐ 2 tablespoons spring onion chopped
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.3 cup onion chopped
- ☐ 0.5 teaspoon sage dried
- ☐ 0.5 teaspoon salt
- ☐ 4 oz cheddar cheese shredded

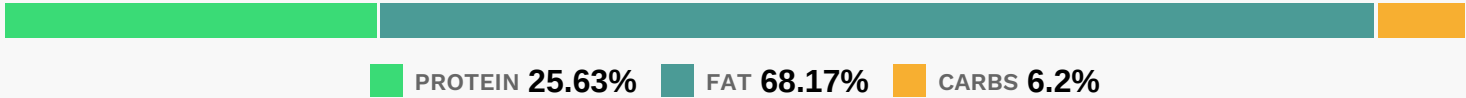
Equipment

- ☐ bowl
- ☐ oven
- ☐ kitchen thermometer
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. In large bowl, mix beef, onion, bread crumbs, sage, salt and egg until well blended. Press in bottom of ungreased 8-inch square (2-quart) glass baking dish.
- ☐ Spread mashed potatoes evenly over top.
- ☐ Sprinkle evenly with cheese.
- ☐ Bake uncovered about 50 minutes or until meat thermometer inserted in center of beef mixture reads 160°F.
- ☐ Sprinkle with tomato, bacon and green onions.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:0.46, Inflammation Score:-4, Nutrition Score:17.393478170685%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 451.79kcal (22.59%), Fat: 33.75g (51.93%), Saturated Fat: 14.58g (91.14%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 6.33g (2.3%), Sugar: 1.05g (1.17%), Cholesterol: 149.78mg (49.93%), Sodium: 618.03mg (26.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.55g (57.11%), Vitamin B12: 2.85µg (47.48%), Copper: 0.87mg (43.44%), Selenium: 30.21µg (43.16%), Zinc: 6.06mg (40.38%), Phosphorus: 346.41mg (34.64%), Vitamin B3: 5.29mg (26.47%), Calcium: 246.09mg (24.61%), Vitamin B2: 0.38mg (22.12%), Vitamin B6: 0.43mg (21.48%), Iron: 2.86mg (15.91%), Potassium: 381.42mg (10.9%), Vitamin B5: 0.91mg (9.08%), Vitamin K: 9.45µg (9%),

Vitamin B1: 0.13mg (8.94%), Magnesium: 33.25mg (8.31%), Folate: 30.11µg (7.53%), Vitamin A: 373.59IU (7.47%),
Manganese: 0.13mg (6.34%), Vitamin E: 0.82mg (5.45%), Vitamin D: 0.5µg (3.36%), Fiber: 0.57g (2.3%), Vitamin C:
1.38mg (1.68%)