



## Halloween Pizza Pot Pies

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound ground beef italian lean
- 0.5 cup onion chopped
- 0.5 cup bell pepper green chopped
- 8 ounces tomato sauce canned
- 4 ounces mushrooms fresh sliced canned
- 4 ounces mozzarella cheese shredded
- 0.3 cup water hot
- 1 cup frangelico

## Equipment

- frying pan
- oven
- knife
- cookie cutter

## Directions

- Heat oven to 375°F. Grease four 10- to 12-ounce casseroles.
- Cook ground beef, onion and bell pepper in 10-inch skillet over medium heat, stirring frequently, until beef is brown; drain. Stir in pizza sauce and mushrooms.
- Heat to boiling, stirring occasionally; reduce heat. Simmer uncovered 5 minutes, stirring occasionally. Spoon beef mixture into casseroles.
- Sprinkle 1/4 cup cheese on each.
- Mix Bisquick mix and very hot water; beat vigorously 20 seconds. Turn dough onto surface dusted with Bisquick mix; gently roll in Bisquick mix to coat. Shape into ball; knead about 10 times or until smooth. Divide dough into 4 balls. Pat each ball into circle the size of diameter of casserole.
- Cut steam vent in each circle with knife or cookie cutter.
- Place each circle on beef mixture in casserole.
- Bake 15 to 20 minutes or until very light brown.

## Nutrition Facts

 **PROTEIN 48.14%**  **FAT 41.07%**  **CARBS 10.79%**

## Properties

Glycemic Index:35.25, Glycemic Load:1.81, Inflammation Score:-6, Nutrition Score:19.374782608903%

## Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin:

4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

## Nutrients (% of daily need)

Calories: 271.97kcal (13.6%), Fat: 12.32g (18.96%), Saturated Fat: 6.34g (39.6%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 5.5g (2%), Sugar: 4.17g (4.63%), Cholesterol: 92.7mg (30.9%), Sodium: 524.86mg (22.82%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 32.5g (65%), Vitamin B12: 3.2µg (53.3%), Zinc: 6.93mg (46.21%), Vitamin B3: 7.96mg (39.79%), Selenium: 27.63µg (39.47%), Phosphorus: 374.1mg (37.41%), Vitamin B6: 0.61mg (30.29%), Vitamin C: 21.02mg (25.48%), Vitamin B2: 0.42mg (24.95%), Potassium: 734.24mg (20.98%), Iron: 3.62mg (20.08%), Calcium: 169.07mg (16.91%), Vitamin B5: 1.41mg (14.11%), Copper: 0.27mg (13.41%), Magnesium: 45.68mg (11.42%), Vitamin A: 506.46IU (10.13%), Vitamin E: 1.26mg (8.42%), Vitamin B1: 0.11mg (7.43%), Fiber: 1.79g (7.16%), Manganese: 0.14mg (7.12%), Folate: 23.24µg (5.81%), Vitamin K: 4.04µg (3.85%), Vitamin D: 0.28µg (1.89%)