



Hamburger Pie I

READY IN



45 min.

SERVINGS



8

CALORIES



495 kcal

Ingredients

- ☐ 10 ounce biscuit dough refrigerated
- ☐ 10.8 ounce campbell's® condensed cream of celery soup canned
- ☐ 8 ounce cream cheese softened
- ☐ 0.5 cup catsup
- ☐ 2 pounds ground beef lean
- ☐ 30 ounce vegetables mixed canned
- ☐ 1 medium slice onion diced yellow

Equipment

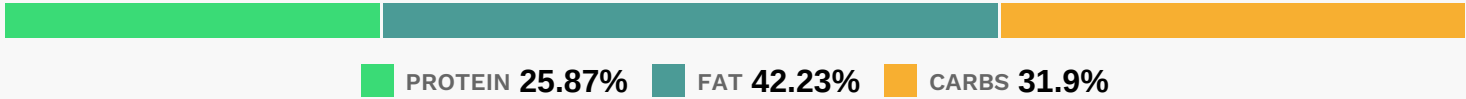
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Crumble ground chuck into a large skillet and saute over medium heat for 2 minutes.
- ☐ Add onion, and saute until meat is no longer pink and onion is beginning to brown.
- ☐ Drain grease.
- ☐ In a large bowl, mix together cream cheese, vegetables, cream of celery soup, and ketchup.
- ☐ Add hamburger and stir until ingredients are thoroughly combined.
- ☐ Spread mixture evenly into a large casserole dish.
- ☐ Place biscuit dough on top, allowing room for biscuits to spread without touching.
- ☐ Bake in preheated oven for 30 minutes, until biscuits are browned and fluffy.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:15.86, Inflammation Score:-10, Nutrition Score:26.605652135351%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 495.24kcal (24.76%), Fat: 23.54g (36.21%), Saturated Fat: 9.69g (60.59%), Carbohydrates: 40.01g (13.34%), Net Carbohydrates: 35g (12.73%), Sugar: 6.08g (6.76%), Cholesterol: 103.48mg (34.49%), Sodium: 880.33mg (38.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.44g (64.87%), Vitamin A: 5964.31IU (119.29%), Phosphorus: 485.8mg (48.58%), Vitamin B3: 9.09mg (45.46%), Vitamin B12: 2.67µg (44.46%), Zinc: 6.64mg (44.24%), Selenium: 30.06µg (42.94%), Vitamin B6: 0.61mg (30.44%), Iron: 5.16mg (28.64%), Vitamin B2: 0.48mg (28.34%), Manganese: 0.51mg (25.3%), Potassium: 816.57mg (23.33%), Vitamin B1: 0.35mg (23.02%), Fiber:

5.02g (20.07%), Folate: 66.3µg (16.58%), Magnesium: 63.07mg (15.77%), Vitamin B5: 1.53mg (15.29%), Vitamin C: 11.88mg (14.4%), Copper: 0.28mg (13.86%), Vitamin E: 1.78mg (11.85%), Calcium: 96.49mg (9.65%), Vitamin K: 9.4µg (8.95%)