



Healthified Mini Impossibly Easy Cheeseburger Pies

READY IN



55 min.

SERVINGS



6

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb pd of ground turkey lean
- 1 cup onion chopped
- 2 teaspoons worcestershire sauce
- 0.5 teaspoon garlic salt
- 4 oz cheddar cheese shredded reduced-fat
- 0.5 cup milk 1%
- 0.5 cup baking mix bisquick heart smart®
- 2 eggs

- 1 slices toppings: such as pickles
- 1 medium tomatoes chopped
- 1 serving catsup
- 1 serving mustard

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- toothpicks
- muffin liners

Directions

- Heat oven to 375°F. Spray 12 regular-size muffin cups with cooking spray.
- In 10-inch skillet, cook turkey and onion over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain. Cool 5 minutes; stir in Worcestershire sauce, garlic salt and cheese.
- In medium bowl, stir Baking
- Mixture ingredients with whisk or fork until blended. Spoon slightly less than 1 tablespoon baking mixture into each muffin cup. Top with about 1/4 cup burger mixture. Spoon 1 tablespoon baking mixture onto burger mixture in each muffin cup.
- Bake about 15 to 20 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes. With thin knife, loosen sides of muffins from pan; remove from pan, and place top side up on cooling rack. Cool 10 minutes longer, and serve with garnishes.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:0.76, Inflammation Score:-5, Nutrition Score:14.045217296352%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 211.63kcal (10.58%), Fat: 6.13g (9.43%), Saturated Fat: 2.2g (13.72%), Carbohydrates: 12.73g (4.24%), Net Carbohydrates: 11.52g (4.19%), Sugar: 5.04g (5.6%), Cholesterol: 101.29mg (33.76%), Sodium: 772.77mg (33.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.39g (52.79%), Vitamin B3: 8.07mg (40.36%), Phosphorus: 390.42mg (39.04%), Vitamin B6: 0.76mg (38.12%), Selenium: 25.56µg (36.51%), Vitamin B2: 0.29mg (17.21%), Calcium: 156.89mg (15.69%), Zinc: 2.13mg (14.21%), Vitamin B12: 0.77µg (12.79%), Potassium: 444.07mg (12.69%), Vitamin B5: 1.15mg (11.52%), Vitamin B1: 0.16mg (10.6%), Magnesium: 39.29mg (9.82%), Folate: 38.57µg (9.64%), Iron: 1.5mg (8.31%), Vitamin A: 409.74IU (8.19%), Vitamin C: 5.72mg (6.93%), Vitamin K: 7µg (6.67%), Manganese: 0.12mg (6.04%), Vitamin D: 0.83µg (5.54%), Copper: 0.11mg (5.5%), Fiber: 1.21g (4.84%), Vitamin E: 0.42mg (2.82%)