



Herald's Impossibly Easy Cheeseburger Pie

READY IN



45 min.

SERVINGS



6

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup buttermilk baking mix
- ☐ 2 eggs
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon garlic salt
- ☐ 1 pound ground beef
- ☐ 1 teaspoon ground pepper black
- ☐ 1 cup milk
- ☐ 1 onion chopped
- ☐ 1 teaspoon oregano dried

- ☐ 1 cup cheddar cheese shredded
- ☐ 1 tomatoes sliced

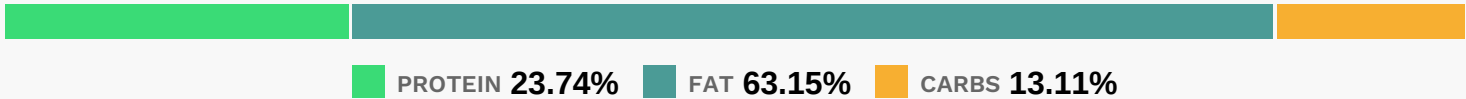
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease a 10 inch deep dish pie plate.
- ☐ Heat a large skillet over medium heat.
- ☐ Add ground beef, onion, and garlic; cook and stir until beef is brown.
- ☐ Drain off fat.
- ☐ Spread into prepared pie plate.
- ☐ Sprinkle meat with salt, black pepper, and oregano. Arrange tomato slices over meat, spread shredded cheese on top.
- ☐ In a small bowl, mix together baking mix, milk and eggs.
- ☐ Pour over cheese.
- ☐ Bake for about 25 minutes, or until knife inserted in center comes out clean. Cool for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:1.57, Inflammation Score:-6, Nutrition Score:14.347391252932%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg,

Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 371.27kcal (18.56%), Fat: 25.85g (39.77%), Saturated Fat: 11.05g (69.08%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 11.06g (4.02%), Sugar: 4.58g (5.09%), Cholesterol: 132.15mg (44.05%), Sodium: 533.57mg (23.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.86g (43.72%), Vitamin B12: 2.21µg (36.78%), Phosphorus: 347.1mg (34.71%), Selenium: 22.96µg (32.8%), Zinc: 4.36mg (29.05%), Calcium: 237.89mg (23.79%), Vitamin B2: 0.37mg (22.01%), Vitamin B3: 3.88mg (19.41%), Vitamin B6: 0.37mg (18.49%), Iron: 2.3mg (12.77%), Potassium: 404.19mg (11.55%), Vitamin A: 512.91IU (10.26%), Vitamin B5: 0.98mg (9.77%), Vitamin B1: 0.14mg (9.54%), Folate: 36.08µg (9.02%), Manganese: 0.17mg (8.63%), Magnesium: 32.89mg (8.22%), Vitamin K: 6.96µg (6.63%), Vitamin D: 0.93µg (6.2%), Vitamin C: 4.51mg (5.47%), Vitamin E: 0.82mg (5.45%), Copper: 0.11mg (5.38%), Fiber: 1.01g (4.06%)