



Impossible Cheeseburger Pie

READY IN



55 min.

SERVINGS



6

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup baking mix bisquick[®] such as
- ☐ 3 eggs
- ☐ 1 pound ground beef
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 teaspoon penzey's southwest seasoning italian
- ☐ 1.5 cups milk
- ☐ 1.5 cups onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup cheddar cheese shredded

☐ 2 tomatoes sliced

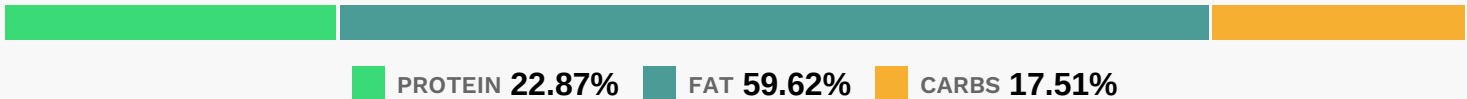
Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ pie form

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease a deep-dish 9-inch pie dish.
- ☐ Heat a large skillet over medium-high heat. Cook and stir beef and onion in hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease.
- ☐ Spread ground beef mixture into the prepared pie dish.
- ☐ Blend milk, baking mix, eggs, Italian seasoning, salt, and pepper together in a blender until smooth, about 15 seconds; pour over beef mixture.
- ☐ Bake in the preheated oven until biscuit topping is lightly browned, about 25 minutes. Arrange tomato slices on biscuit topping; sprinkle with Cheddar cheese. Continue baking until cheese is melted, 5 to 8 more minutes. Cool 5 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:2.47, Inflammation Score:-6, Nutrition Score:17.276956537495%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg

Nutrients (% of daily need)

Calories: 425.36kcal (21.27%), Fat: 28.01g (43.1%), Saturated Fat: 11.87g (74.17%), Carbohydrates: 18.51g (6.17%), Net Carbohydrates: 16.91g (6.15%), Sugar: 7.61g (8.45%), Cholesterol: 161.97mg (53.99%), Sodium: 617.16mg (26.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.17g (48.35%), Phosphorus: 420.57mg (42.06%), Vitamin B12: 2.4µg (40.02%), Selenium: 25.92µg (37.03%), Zinc: 4.62mg (30.8%), Calcium: 277.78mg (27.78%), Vitamin B2: 0.47mg (27.35%), Vitamin B3: 4.27mg (21.33%), Vitamin B6: 0.43mg (21.31%), Vitamin A: 753.01IU (15.06%), Potassium: 524.85mg (15%), Iron: 2.57mg (14.28%), Vitamin B1: 0.2mg (13.41%), Folate: 52.51µg (13.13%), Vitamin B5: 1.24mg (12.44%), Vitamin C: 8.63mg (10.46%), Magnesium: 40.9mg (10.22%), Manganese: 0.2mg (9.87%), Vitamin D: 1.3µg (8.66%), Vitamin K: 7.74µg (7.38%), Copper: 0.14mg (6.75%), Vitamin E: 0.99mg (6.63%), Fiber: 1.6g (6.4%)