



Impossibly Easy Bacon Cheeseburger Pie

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon
- 1 lb ground beef 80% lean (at least)
- 0.3 teaspoon pepper
- 1 cup onion chopped
- 0.3 cup catsup
- 4 oz cheddar cheese shredded
- 1 cup milk
- 2 eggs

0.5 cup frangelico

Equipment

bowl

frying pan

paper towels

oven

knife

whisk

Directions

Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray. In 10-inch skillet, cook bacon over medium-high heat 5 to 7 minutes, turning once, until crisp; drain on paper towels. Crumble bacon; set aside.

In same skillet, cook beef, pepper and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain. Stir in ketchup.

Spread in pie plate; sprinkle with cheese and bacon.

In medium bowl, stir remaining ingredients with wire whisk or fork until blended.

Pour into pie plate.

Bake 20 to 25 minutes or until knife inserted in center comes out clean.

Serve with additional ketchup if desired.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:1.41, Inflammation Score:-4, Nutrition Score:13.663478426311%

Flavonoids

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: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg,

Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg

Nutrients (% of daily need)

Calories: 427.22kcal (21.36%), Fat: 33.01g (50.79%), Saturated Fat: 13.58g (84.9%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 7.53g (2.74%), Sugar: 5.33g (5.93%), Cholesterol: 146.53mg (48.84%), Sodium: 447.96mg (19.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.75g (47.5%), Selenium: 26.59µg (37.99%), Vitamin B12: 2.28µg (37.97%), Phosphorus: 318.26mg (31.83%), Zinc: 4.53mg (30.22%), Vitamin B3: 4.32mg (21.59%), Calcium: 214.56mg (21.46%), Vitamin B2: 0.36mg (21.19%), Vitamin B6: 0.41mg (20.68%), Potassium: 411.61mg (11.76%), Iron: 1.94mg (10.79%), Vitamin B5: 0.99mg (9.95%), Vitamin B1: 0.14mg (9.39%), Vitamin A: 394.88IU (7.9%), Magnesium: 31.34mg (7.84%), Vitamin D: 1.02µg (6.78%), Vitamin E: 0.87mg (5.82%), Folate: 22.14µg (5.53%), Copper: 0.09mg (4.63%), Manganese: 0.07mg (3.63%), Vitamin C: 2.38mg (2.89%), Vitamin K: 2.52µg (2.4%), Fiber: 0.5g (2.02%)