



## Impossibly Easy Barbecue Beef Pie

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



389 kcal

### Ingredients

- 1 lb ground beef 80% lean (at least )
- 0.5 cup bell pepper chopped
- 0.5 cup onion chopped
- 0.3 cup barbecue sauce
- 6 oz cheddar cheese shredded
- 1 cup milk
- 2 eggs
- 1 serving barbecue sauce
- 1 cup frangelico

## Equipment

- bowl
- frying pan
- oven
- knife

## Directions

- Heat oven to 400°F. Grease bottom and side of 9-inch pie plate with shortening. In 10-inch skillet, cook beef, bell pepper and onion over medium heat, stirring occasionally, until beef is brown; drain. Stir in 1/3 cup barbecue sauce.
- Spread in pie plate.
- Sprinkle with 3/4 cup of the cheese.
- In medium bowl, stir Bisquick mix, milk and eggs until blended.
- Pour over beef mixture.
- Bake uncovered 25 minutes.
- Sprinkle with remaining 3/4 cup cheese.
- Bake about 5 minutes longer or until knife inserted in center comes out clean.
- Serve with additional barbecue sauce.

## Nutrition Facts



## Properties

Glycemic Index:20.67, Glycemic Load:1.34, Inflammation Score:-6, Nutrition Score:14.8078261873%

## Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

## Nutrients (% of daily need)

Calories: 389.24kcal (19.46%), Fat: 27.61g (42.47%), Saturated Fat: 12.48g (78%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 10.61g (3.86%), Sugar: 8.52g (9.47%), Cholesterol: 141.46mg (47.15%), Sodium: 438.74mg (19.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.17g (46.34%), Vitamin B12: 2.27µg (37.81%), Selenium: 24.93µg (35.61%), Phosphorus: 329.71mg (32.97%), Zinc: 4.64mg (30.92%), Calcium: 281.51mg (28.15%), Vitamin B2: 0.38mg (22.54%), Vitamin C: 16.98mg (20.58%), Vitamin B6: 0.38mg (18.88%), Vitamin B3: 3.5mg (17.48%), Vitamin A: 854.14IU (17.08%), Potassium: 390.1mg (11.15%), Iron: 1.95mg (10.85%), Vitamin B5: 0.96mg (9.55%), Magnesium: 32.06mg (8.01%), Vitamin E: 1.02mg (6.83%), Folate: 26.7µg (6.68%), Vitamin D: 0.99µg (6.58%), Vitamin B1: 0.09mg (5.73%), Copper: 0.09mg (4.27%), Manganese: 0.07mg (3.37%), Vitamin K: 3.16µg (3.01%), Fiber: 0.63g (2.53%)