



Impossible Easy Barbecue Beef Pie

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



391 kcal

Ingredients

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

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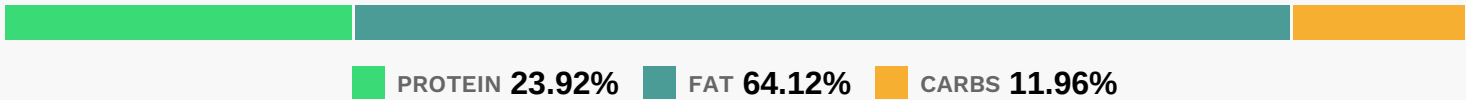
Equipment

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

Directions

- ☐ Heat oven to 400F. 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:14.830000099928%

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: 390.67kcal (19.53%), Fat: 27.61g (42.48%), Saturated Fat: 12.48g (78%), Carbohydrates: 11.58g (3.86%), Net Carbohydrates: 10.94g (3.98%), Sugar: 8.8g (9.78%), Cholesterol: 141.46mg (47.15%), Sodium: 447.32mg (19.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.18g (46.35%), Vitamin B12: 2.27µg (37.81%), Selenium: 24.94µg (35.62%), Phosphorus: 329.87mg (32.99%), Zinc: 4.64mg (30.93%), Calcium: 281.78mg (28.18%), Vitamin B2: 0.38mg (22.57%), Vitamin C: 16.98mg (20.58%), Vitamin B6: 0.38mg (18.91%), Vitamin B3: 3.5mg (17.51%), Vitamin A: 856.01IU (17.12%), Potassium: 392.03mg (11.2%), Iron: 1.96mg (10.88%), Vitamin B5: 0.96mg (9.57%), Magnesium: 32.17mg (8.04%), Vitamin E: 1.03mg (6.87%), Folate: 26.72µg (6.68%), Vitamin D: 0.99µg (6.58%), Vitamin B1: 0.09mg (5.74%), Copper: 0.09mg (4.3%), Manganese: 0.07mg (3.43%), Vitamin K: 3.17µg (3.02%), Fiber: 0.64g (2.56%)