



Impossibly Easy Beef, Broccoli and Mushroom Pie

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



311 kcal

Ingredients

- ☐ 2 cups beef cooked chopped
- ☐ 0.3 cup spring onion chopped
- ☐ 9 oz broccoli frozen thawed
- ☐ 4 oz mushrooms drained sliced
- ☐ 1 cup milk
- ☐ 0.3 cup cream sour
- ☐ 2 eggs
- ☐ 0.5 teaspoon salt

- ☐ 0.5 teaspoon pepper
- ☐ 0.5 cup swiss cheese shredded
- ☐ 0.5 cup frangelico

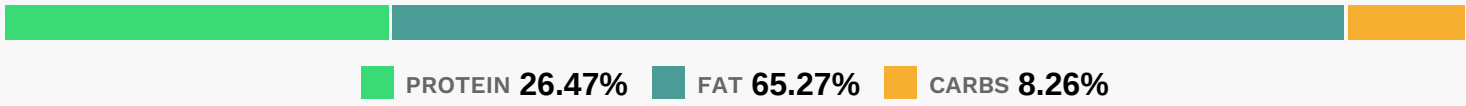
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 400° F. Grease 9-inch pie plate. In medium bowl, mix beef, onions, broccoli and mushrooms; spoon into pie plate.
- ☐ In same bowl, stir Bisquick mix, milk, sour cream, eggs, salt and pepper until blended.
- ☐ Pour into pie plate. Top with cheese.
- ☐ Bake 30 to 35 minutes or until knife inserted in center comes out clean. Cool 5 minutes.
- ☐ Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:1.53, Inflammation Score:-6, Nutrition Score:18.338695733444%

Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 3.39mg, Kaempferol: 3.39mg, Kaempferol: 3.39mg, Kaempferol: 3.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 310.59kcal (15.53%), Fat: 22.58g (34.74%), Saturated Fat: 9.64g (60.24%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 4.99g (1.81%), Sugar: 3.53g (3.92%), Cholesterol: 126.71mg (42.24%), Sodium: 315.62mg (13.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.6g (41.2%), Vitamin K: 54.06µg (51.48%), Vitamin C: 39.2mg (47.51%), Vitamin B12: 2.25µg (37.58%), Selenium: 22.44µg (32.06%), Phosphorus: 293.68mg (29.37%),

Zinc: 4.21mg (28.05%), Vitamin B2: 0.41mg (23.93%), Vitamin B3: 4.22mg (21.08%), Vitamin B6: 0.4mg (19.97%), Calcium: 185.92mg (18.59%), Potassium: 510.34mg (14.58%), Vitamin B5: 1.36mg (13.56%), Iron: 2.21mg (12.3%), Vitamin A: 586.86IU (11.74%), Folate: 46.23µg (11.56%), Magnesium: 35.07mg (8.77%), Copper: 0.15mg (7.47%), Vitamin B1: 0.11mg (7.45%), Manganese: 0.14mg (7.07%), Vitamin E: 0.93mg (6.2%), Fiber: 1.45g (5.78%), Vitamin D: 0.85µg (5.69%)