



WHATSheATE



Impossibly Easy Cheeseburger Pie

♥♥ Popular

READY IN



55 min.

SERVINGS



6

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 4 oz cheddar cheese shredded
- ☐ 0.5 cup pancake mix
- ☐ 1 cup milk
- ☐ 2 eggs
- ☐ 1 teaspoon vegetable oil

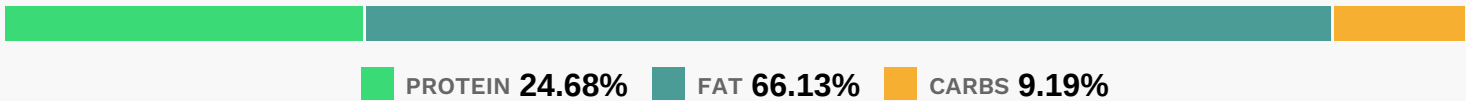
Equipment

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

Directions

- ☐ Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray.
- ☐ In 10-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain. Stir in salt.
- ☐ Spread in pie plate.
- ☐ Sprinkle with cheese.
- ☐ In medium bowl, stir remaining ingredients with fork or wire whisk until blended.
- ☐ Pour into pie plate.
- ☐ Bake 29 to 33 minutes or until knife inserted in center comes out clean.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:1.4, Inflammation Score:-4, Nutrition Score:12.7930436238%

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: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 355.42kcal (17.77%), Fat: 25.85g (39.77%), Saturated Fat: 10.99g (68.7%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 7.43g (2.7%), Sugar: 3.2g (3.56%), Cholesterol: 139.71mg (46.57%), Sodium: 460.1mg (20%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.7g (43.41%), Vitamin B12: 2.21µg (36.75%), Selenium: 23.16µg (33.08%), Phosphorus: 317.76mg (31.78%), Zinc: 4.34mg (28.91%), Calcium: 235.01mg (23.5%), Vitamin B2: 0.36mg (21.13%), Vitamin B6: 0.35mg (17.52%), Vitamin B3: 3.42mg (17.12%), Iron: 1.95mg (10.85%), Potassium: 360.44mg (10.3%), Vitamin B5: 0.92mg (9.22%), Magnesium: 29.65mg (7.41%), Vitamin A: 362.07IU (7.24%), Vitamin B1: 0.1mg (6.71%), Folate: 25.12µg (6.28%), Vitamin D: 0.93µg (6.2%), Vitamin E: 0.69mg (4.62%), Copper: 0.08mg (3.95%), Vitamin K: 3.47µg (3.3%), Manganese: 0.07mg (3.26%), Fiber: 0.66g (2.64%), Vitamin C: 2.04mg (2.47%)