



WHATSheATE



Impossibly Easy Cheeseburger Pie (Crowd Size)

 Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1.5 cups onion chopped
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 12 oz savory vegetable mixed frozen
- ☐ 2 cups milk
- ☐ 4 eggs beaten
- ☐ 8 oz cheddar cheese shredded

☐ 1 cup frangelico

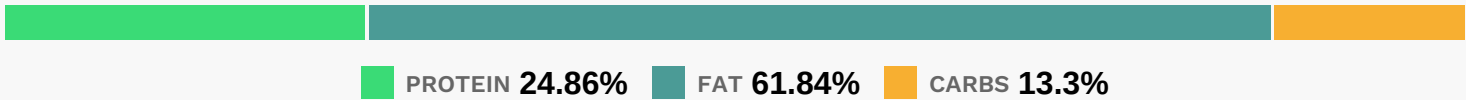
Equipment

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

Directions

- ☐ Heat oven to 400°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 10-inch skillet, cook beef, onion and salt over medium-high heat, stirring frequently, until beef is brown; drain.
- ☐ Spread in dish. Top evenly with frozen mixed vegetables.
- ☐ In medium bowl, stir Bisquick mix, milk and eggs with wire whisk until blended.
- ☐ Pour into baking dish.
- ☐ Bake 30 minutes.
- ☐ Sprinkle evenly with cheese; bake 10 minutes longer or until knife inserted in center comes out clean.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:2.47, Inflammation Score:-8, Nutrition Score:11.190869600877%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 244.64kcal (12.23%), Fat: 16.85g (25.92%), Saturated Fat: 7.78g (48.63%), Carbohydrates: 8.15g (2.72%), Net Carbohydrates: 6.68g (2.43%), Sugar: 2.92g (3.25%), Cholesterol: 105.18mg (35.06%), Sodium: 393.12mg (17.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.24g (30.48%), Vitamin A: 1774.44IU (35.49%), Phosphorus: 238.92mg (23.89%), Selenium: 16.51µg (23.58%), Vitamin B12: 1.36µg (22.66%), Calcium: 210.47mg (21.05%), Zinc: 2.79mg (18.61%), Vitamin B2: 0.29mg (17.17%), Vitamin B6: 0.24mg (11.8%), Vitamin B3: 2.04mg (10.2%), Potassium: 287.19mg (8.21%), Iron: 1.33mg (7.41%), Vitamin B5: 0.72mg (7.15%), Magnesium: 26.98mg (6.74%), Folate: 25.53µg (6.38%), Vitamin B1: 0.09mg (6.28%), Vitamin D: 0.89µg (5.95%), Fiber: 1.47g (5.9%), Vitamin C: 4.43mg (5.37%), Manganese: 0.11mg (5.34%), Copper: 0.07mg (3.73%), Vitamin E: 0.48mg (3.17%), Vitamin K: 1.38µg (1.31%)