



Impossibly Easy Chili Pie

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



372 kcal

Ingredients

- 1 lb ground beef 80% lean (at least)
- 14.5 oz canned tomatoes whole drained canned
- 0.5 cup onion chopped
- 1 oz chili seasoning
- 2.3 oz olives ripe drained sliced canned
- 4 oz cheddar cheese shredded
- 1 cup milk
- 2 eggs
- 1 serving cream sour

- 1 serving lettuce shredded
- 1 serving tomatoes chopped
- 0.5 cup frangelico

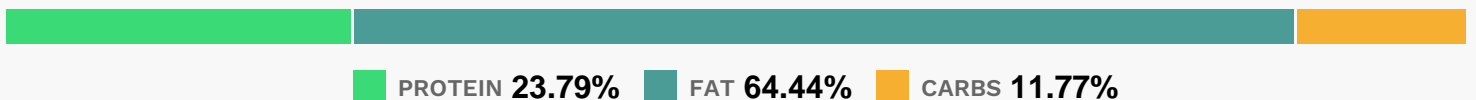
Equipment

- bowl
- frying pan
- oven
- knife
- whisk

Directions

- Heat oven to 400°F. Spray 9-inch pie plate with cooking spray. In 10-inch skillet, cook beef over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain. Stir in cut-up tomatoes, onion and chili seasoning mix.
- Spread in pie plate.
- Sprinkle with olives and cheese.
- In medium bowl, stir Bisquick mix, milk and eggs with wire whisk or fork until blended.
- Pour into pie plate.
- Bake 30 to 35 minutes or until knife inserted in center comes out clean.
- Let stand 5 minutes before serving.
- Serve with sour cream, lettuce and chopped tomatoes.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:1.65, Inflammation Score:-9, Nutrition Score:20.067391063856%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg 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: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

Nutrients (% of daily need)

Calories: 371.66kcal (18.58%), Fat: 27.05g (41.61%), Saturated Fat: 11.19g (69.96%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 7.66g (2.79%), Sugar: 5.96g (6.63%), Cholesterol: 133.19mg (44.4%), Sodium: 481.7mg (20.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.47g (44.94%), Vitamin A: 3120.7IU (62.41%), Vitamin B12: 2.17µg (36.21%), Selenium: 22.58µg (32.26%), Phosphorus: 319.95mg (32%), Zinc: 4.62mg (30.78%), Vitamin B6: 0.53mg (26.73%), Calcium: 253.81mg (25.38%), Vitamin B2: 0.43mg (25.37%), Vitamin B3: 4.46mg (22.31%), Vitamin E: 3.07mg (20.47%), Iron: 3.64mg (20.22%), Potassium: 654.89mg (18.71%), Vitamin C: 11.94mg (14.48%), Fiber: 3.45g (13.8%), Vitamin K: 13.94µg (13.27%), Magnesium: 47.58mg (11.9%), Vitamin B5: 1.1mg (10.99%), Manganese: 0.21mg (10.66%), Vitamin B1: 0.14mg (9.27%), Copper: 0.18mg (9.2%), Folate: 35.72µg (8.93%), Vitamin D: 0.93µg (6.2%)