



## Impossibly Easy Mini Blue Cheeseburger Pies

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb ground beef 80% lean (at least )
- 1 cup onion chopped
- 2 oz cheese blue crumbled
- 2 teaspoons worcestershire sauce
- 0.5 cup milk
- 2 eggs
- 6 tablespoons fried onions (from a can)
- 0.5 cup frangelico

## Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- toothpicks
- muffin liners

## Directions

- Heat oven to 375°F. Spray 12 regular-size muffin cups with cooking spray.
- In 10-inch skillet, cook beef and onion over medium-high heat 5 to 7 minutes, stirring frequently, until beef is thoroughly cooked; drain. Cool 5 minutes; stir in blue cheese and Worcestershire sauce.
- In medium bowl, stir baking mixture ingredients with whisk or fork until blended. Spoon 1 scant tablespoon baking mixture into each muffin cup. Top with about 1/4 cup burger mixture. Spoon 1 tablespoon baking mixture onto burger mixture in each muffin cup.
- Bake 25 to 30 minutes or until toothpick inserted in center comes out clean and tops are golden brown. Ten minutes into baking, carefully open oven and sprinkle 1/2 tablespoon French-fried onions on top of each muffin. Close oven door and finish baking. Cool 5 minutes. With thin knife, loosen sides of pies from pan; remove from pan and place top sides up on cooling rack. Cool 10 minutes longer, and serve.

## Nutrition Facts

**PROTEIN 24.73%** **FAT 67.49%** **CARBS 7.78%**

## Properties

Glycemic Index:15.33, Glycemic Load:0.97, Inflammation Score:-3, Nutrition Score:10.047826062078%

## 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: 292.63kcal (14.63%), Fat: 21.6g (33.24%), Saturated Fat: 9.14g (57.15%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 5.16g (1.87%), Sugar: 2.41g (2.68%), Cholesterol: 117.76mg (39.25%), Sodium: 244.1mg (10.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.81g (35.62%), Vitamin B12: 1.97µg (32.89%), Selenium: 17.74µg (25.35%), Zinc: 3.73mg (24.89%), Phosphorus: 214.53mg (21.45%), Vitamin B3: 3.37mg (16.85%), Vitamin B6: 0.33mg (16.46%), Vitamin B2: 0.25mg (14.87%), Iron: 1.91mg (10.64%), Calcium: 105mg (10.5%), Potassium: 333.98mg (9.54%), Vitamin B5: 0.88mg (8.76%), Magnesium: 22.15mg (5.54%), Folate: 20.81µg (5.2%), Vitamin B1: 0.07mg (4.41%), Vitamin D: 0.64µg (4.27%), Copper: 0.08mg (3.75%), Vitamin A: 186.36IU (3.73%), Vitamin E: 0.5mg (3.36%), Vitamin C: 2.23mg (2.71%), Manganese: 0.05mg (2.39%), Fiber: 0.45g (1.81%), Vitamin K: 1.82µg (1.73%)