



Impossibly Easy Mini Blue Cheeseburger Pies

 **Gluten Free**  **Popular**

READY IN



55 min.

SERVINGS



6

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

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Equipment

bowl

frying pan

oven

knife

whisk

wire rack

toothpicks

muffin liners

Directions

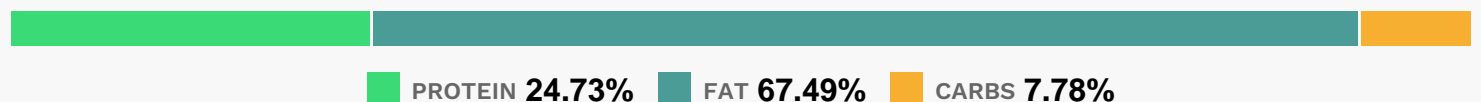
Heat oven to 375F. Spray 12 regular-size muffin cups with cooking spray.

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



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 (0%), Alcohol %: 0% (0%), 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%)