



Impossibly Easy Mini Cheeseburger Pies

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 1 cup onion chopped
- 1 tablespoon worcestershire sauce
- 1 teaspoon garlic salt
- 4 oz cheddar cheese shredded
- 0.5 cup milk
- 2 eggs
- 12 dill pickles mini

- 1 medium tomatoes chopped
- 1 serving catsup
- 0.5 cup frangelico

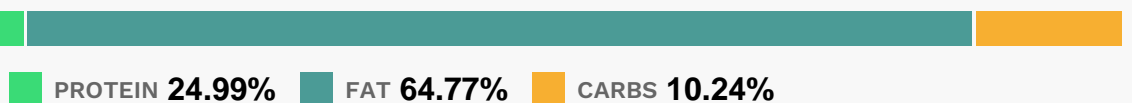
Equipment

- 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 thoroughly cooked; drain. Cool 5 minutes; stir in Worcestershire sauce, garlic salt and cheese.
- 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 about 30 minutes or until toothpick inserted in center comes out clean, and muffin tops are golden brown. Cool 5 minutes. With thin knife, loosen sides of muffins from pan; remove from pan and place top side up on cooling rack. Cool 10 minutes longer, and serve with garnishes.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:1.25, Inflammation Score:-6, Nutrition Score:15.422173935434%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg 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: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 336.97kcal (16.85%), Fat: 24.22g (37.26%), Saturated Fat: 10.39g (64.92%), Carbohydrates: 8.62g (2.87%), Net Carbohydrates: 6.61g (2.4%), Sugar: 5.24g (5.83%), Cholesterol: 129.57mg (43.19%), Sodium: 1702.39mg (74.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.02g (42.05%), Vitamin B12: 2.06µg (34.31%), Selenium: 21.74µg (31.06%), Phosphorus: 291.39mg (29.14%), Zinc: 4.36mg (29.07%), Calcium: 262.48mg (26.25%), Vitamin K: 25.59µg (24.37%), Vitamin B2: 0.38mg (22.55%), Vitamin B6: 0.39mg (19.56%), Vitamin B3: 3.59mg (17.94%), Potassium: 532.3mg (15.21%), Vitamin A: 725.78IU (14.52%), Iron: 2.33mg (12.92%), Vitamin C: 7.98mg (9.68%), Vitamin B1: 0.14mg (9.23%), Magnesium: 36.88mg (9.22%), Folate: 35.15µg (8.79%), Vitamin B5: 0.88mg (8.75%), Fiber: 2.01g (8.03%), Manganese: 0.14mg (6.84%), Copper: 0.13mg (6.38%), Vitamin E: 0.93mg (6.18%), Vitamin D: 0.71µg (4.71%)