



Impossibly Easy Mini Cheeseburger Pies

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- 1 medium tomatoes chopped
- 1 tablespoon worcestershire sauce
- 0.5 cup frangelico
- 0.5 cup frangelico

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 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

 PROTEIN 25.17%  FAT 65.1%  CARBS 9.73%

Properties

Glycemic Index:27, Glycemic Load:1.26, Inflammation Score:-6, Nutrition Score:15.69695671745%

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: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 337.49kcal (16.87%), Fat: 24.39g (37.52%), Saturated Fat: 10.4g (64.99%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 5.99g (2.18%), Sugar: 4.78g (5.31%), Cholesterol: 129.57mg (43.19%), Sodium: 1734.71mg (75.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.21g (42.42%), Vitamin B12: 2.06µg (34.31%), Selenium: 23.43µg (33.47%), Phosphorus: 296.14mg (29.61%), Zinc: 4.39mg (29.25%), Calcium: 265.26mg (26.53%), Vitamin K: 25.59µg (24.37%), Vitamin B2: 0.38mg (22.5%), Vitamin B6: 0.39mg (19.53%), Vitamin B3: 3.58mg (17.9%), Potassium: 532.77mg (15.22%), Vitamin A: 716.5IU (14.33%), Iron: 2.4mg (13.32%), Vitamin B1: 0.15mg (9.84%), Magnesium: 38.95mg (9.74%), Vitamin C: 7.9mg (9.58%), Vitamin B5: 0.89mg (8.89%), Fiber: 2.21g (8.86%), Folate: 35.27µg (8.82%), Manganese: 0.16mg (7.75%), Copper: 0.13mg (6.45%), Vitamin E: 0.91mg (6.05%), Vitamin D: 0.71µg (4.71%)