



Impossibly Easy Sloppy Joe Pie

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



267 kcal

Ingredients

- ☐ 2 eggs
- ☐ 0.3 cup bell pepper green chopped
- ☐ 3 tablespoons catsup
- ☐ 6 servings catsup
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1 cup milk
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup frangelico
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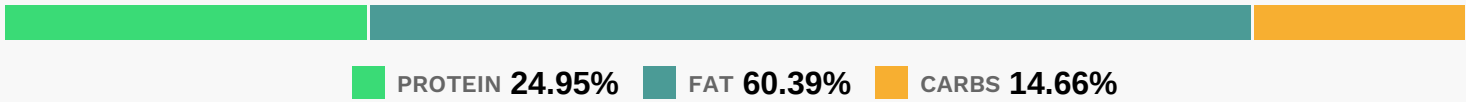
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Heat oven to 400F. Spray 9-inch glass pie plate with cooking spray.
- ☐ In 10-inch skillet, cook beef, salt, pepper, onion and bell pepper over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain. Stir in 3 tablespoons ketchup.
- ☐ Spread in pie plate.
- ☐ In medium bowl, stir Bisquick mix, milk and eggs with wire whisk or fork until blended.
- ☐ Pour into pie plate.
- ☐ Bake 25 to 30 minutes or until knife inserted in center comes out clean.
- ☐ Let stand 5 minutes before serving. Top each serving with additional ketchup.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:1.03, Inflammation Score:-3, Nutrition Score:10.566956421603%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 266.9kcal (13.35%), Fat: 17.86g (27.48%), Saturated Fat: 7.03g (43.94%), Carbohydrates: 9.76g (3.25%), Net Carbohydrates: 9.34g (3.39%), Sugar: 7.52g (8.35%), Cholesterol: 113.12mg (37.71%), Sodium: 485.53mg (21.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.6g (33.21%), Vitamin B12: 1.97µg (32.8%), Selenium: 16.84µg (24.06%), Zinc: 3.59mg (23.91%), Phosphorus: 200.65mg (20.06%), Vitamin B3: 3.62mg (18.09%), Vitamin B6: 0.36mg (17.98%), Vitamin B2: 0.28mg (16.35%), Potassium: 380.06mg (10.86%), Iron: 1.86mg (10.34%), Vitamin C: 6.9mg (8.36%), Calcium: 79.39mg (7.94%), Vitamin B5: 0.79mg (7.9%), Magnesium: 24.52mg (6.13%), Vitamin A: 284.2IU (5.68%), Vitamin E: 0.84mg (5.6%), Vitamin D: 0.82µg (5.44%), Vitamin B1: 0.07mg (4.89%), Folate: 17.38µg (4.34%), Copper: 0.09mg (4.34%), Manganese: 0.07mg (3.57%), Vitamin K: 2.85µg (2.72%), Fiber: 0.42g (1.68%)