



Impossibly Easy Sloppy Joe Pie

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



254 kcal

Ingredients

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

☐ 0.5 cup frangelico

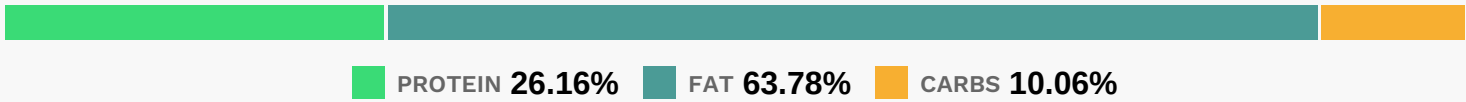
Equipment

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

Directions

- ☐ Heat oven to 400°F. 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:10.099565226099%

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: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 254.28kcal (12.71%), Fat: 17.85g (27.47%), Saturated Fat: 7.03g (43.92%), Carbohydrates: 6.33g (2.11%), Net Carbohydrates: 5.95g (2.16%), Sugar: 4.86g (5.39%), Cholesterol: 113.12mg (37.71%), Sodium: 372.16mg (16.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.47g (32.95%), Vitamin B12: 1.97µg (32.8%), Selenium: 16.76µg (23.94%), Zinc: 3.57mg (23.77%), Phosphorus: 197.4mg (19.74%), Vitamin B3: 3.44mg (17.19%), Vitamin B6: 0.34mg (16.99%), Vitamin B2: 0.26mg (15.12%), Iron: 1.82mg (10.1%), Potassium: 344.94mg (9.86%), Vitamin B5: 0.78mg (7.84%), Calcium: 77.52mg (7.75%), Vitamin C: 6.39mg (7.74%), Magnesium: 22.89mg (5.72%), Vitamin D: 0.82µg (5.44%), Vitamin B1: 0.07mg (4.8%), Vitamin A: 220.07IU (4.4%), Vitamin E: 0.66mg (4.38%), Folate: 16.25µg (4.06%), Copper: 0.08mg (3.81%), Manganese: 0.06mg (2.95%), Vitamin K: 2.48µg (2.36%), Fiber: 0.38g (1.53%)