



Impossibly Easy Taco Pie

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



230 kcal

Ingredients

- 1 pound ground beef lean
- 0.5 cup onion chopped
- 1 oz taco seasoning
- 4 oz chilis green drained chopped canned
- 1 cup milk
- 2 eggs
- 3 ounces cheddar cheese shredded
- 1 serving salsa
- 1 serving cream sour

0.5 cup frangelico

Equipment

frying pan

oven

knife

Directions

Heat oven to 400°F. Grease 9-inch pie plate. Cook ground beef and onion in 10-inch skillet over medium heat, stirring occasionally, until beef is brown; drain. Stir in seasoning mix (dry). Spoon into pie plate; top with chilies.

Stir milk, eggs and Bisquick mix until blended.

Pour into pie plate.

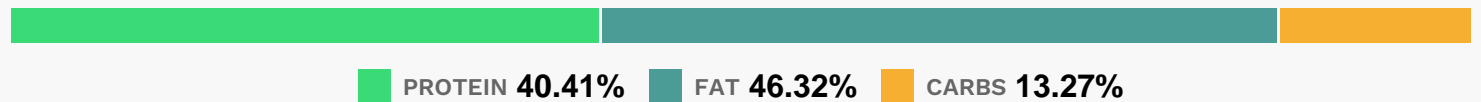
Bake about 25 minutes or until knife inserted in center comes out clean.

Sprinkle with cheese.

Bake 8 to 10 minutes longer. Cool 5 minutes.

Serve with salsa and sour cream.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:1.09, Inflammation Score:-6, Nutrition Score:13.719130479771%

Flavonoids

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: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 230.47kcal (11.52%), Fat: 11.76g (18.09%), Saturated Fat: 5.85g (36.58%), Carbohydrates: 7.58g (2.53%), Net Carbohydrates: 6.04g (2.2%), Sugar: 3.78g (4.2%), Cholesterol: 121.67mg (40.56%), Sodium: 671.26mg (29.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.08g (46.16%), Vitamin B12: 2.2µg (36.63%), Selenium:

22.69µg (32.41%), Zinc: 4.78mg (31.87%), Phosphorus: 293.89mg (29.39%), Vitamin B3: 4.41mg (22.05%), Vitamin B6: 0.4mg (20.24%), Vitamin B2: 0.32mg (18.92%), Calcium: 178.64mg (17.86%), Vitamin A: 792.5IU (15.85%), Iron: 2.7mg (15%), Vitamin C: 9.7mg (11.75%), Potassium: 410.81mg (11.74%), Vitamin B5: 0.97mg (9.7%), Magnesium: 30.19mg (7.55%), Folate: 26.72µg (6.68%), Fiber: 1.53g (6.13%), Vitamin D: 0.9µg (6.01%), Vitamin B1: 0.07mg (4.94%), Copper: 0.08mg (4.14%), Vitamin E: 0.57mg (3.78%), Manganese: 0.04mg (1.91%)