



## Impossibly Easy Taco Pie

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



259 kcal

## Ingredients

- ☐ 4.5 ounces chilis green drained chopped canned
- ☐ 2 eggs
- ☐ 1 pound ground beef lean
- ☐ 1 cup milk
- ☐ 0.5 cup onion chopped
- ☐ 6 servings salsa (any variety)
- ☐ 3 ounces cheddar cheese shredded
- ☐ 6 servings cream sour
- ☐ 1 ounce taco seasoning

- ☐ 0.5 cup frangelico
- ☐ 0.5 cup frangelico

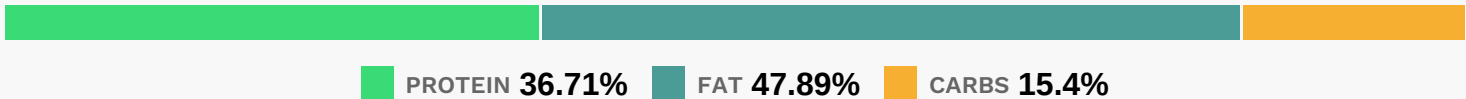
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 400F. 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:-7, Nutrition Score:15.105652124985%

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: 258.5kcal (12.92%), Fat: 13.76g (21.16%), Saturated Fat: 6.87g (42.93%), Carbohydrates: 9.95g (3.32%), Net Carbohydrates: 7.89g (2.87%), Sugar: 5.14g (5.71%), Cholesterol: 127.57mg (42.52%), Sodium: 858.67mg (37.33%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.72g (47.45%), Vitamin B12: 2.22µg (36.98%), Selenium: 23.3µg (33.29%), Zinc: 4.87mg (32.46%), Phosphorus: 310.28mg (31.03%), Vitamin B3: 4.73mg (23.66%), Vitamin B6: 0.46mg (22.93%), Vitamin B2: 0.35mg (20.46%), Vitamin A: 985.77IU (19.72%), Calcium: 197.05mg (19.71%), Iron: 2.85mg (15.84%), Potassium: 494.78mg (14.14%), Vitamin C: 11.1mg (13.46%), Vitamin B5: 1.06mg (10.6%), Magnesium: 35.28mg (8.82%), Fiber: 2.05g (8.21%), Folate: 29.66µg (7.42%), Vitamin E: 0.93mg (6.21%), Vitamin D: 0.9µg (6.01%), Vitamin B1: 0.09mg (5.71%), Copper: 0.1mg (5.1%), Manganese: 0.07mg (3.47%), Vitamin K: 2.31µg (2.2%)