



Italian Meat Pie

READY IN



45 min.

SERVINGS



6

CALORIES



1830 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 inch deep-dish pastry shell frozen
- 0.3 cup bell pepper green chopped
- 1 pound ground beef lean
- 0.3 cup parmesan cheese shredded
- 6 ounces mozzarella cheese shredded divided
- 1.5 ounce bearnaise sauce mix
- 6 ounce tomato paste canned
- 0.8 cup water

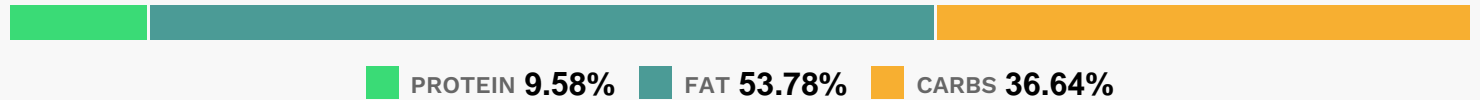
Equipment

- frying pan
- baking sheet
- oven

Directions

- Cook beef and bell pepper in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink; drain. Stir in water, tomato paste, and sauce mix. Cover, reduce heat to low, and simmer 10 minutes.
- Sprinkle half of Parmesan cheese on bottom of frozen pastry shell; top with half of meat mixture, and sprinkle with 1 cup mozzarella cheese. Top with remaining meat mixture and Parmesan cheese.
- Place shell on a baking sheet.
- Bake on lowest oven rack at 400 for 20 minutes.
- Sprinkle with remaining mozzarella cheese; bake 5 more minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.82, Inflammation Score:-7, Nutrition Score:35.527391216029%

Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 1829.79kcal (91.49%), Fat: 109.07g (167.8%), Saturated Fat: 33.91g (211.97%), Carbohydrates: 167.18g (55.73%), Net Carbohydrates: 161.76g (58.82%), Sugar: 4.44g (4.93%), Cholesterol: 73.05mg (24.35%), Sodium: 1552.82mg (67.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.71g (87.41%), Manganese: 1.69mg (84.64%), Folate: 271.7µg (67.92%), Vitamin B3: 13.06mg (65.3%), Vitamin B1: 0.84mg (55.81%), Iron: 10.03mg (55.71%), Phosphorus: 529.85mg (52.98%), Vitamin K: 53.94µg (51.37%), Selenium: 34.65µg (49.5%), Zinc: 6.48mg (43.19%), Vitamin B2: 0.72mg (42.48%), Vitamin B12: 2.41µg (40.11%), Vitamin E: 4.87mg (32.44%), Calcium:

294.9mg (29.49%), Vitamin B6: 0.53mg (26.61%), Fiber: 5.43g (21.7%), Magnesium: 82.39mg (20.6%), Potassium: 694.27mg (19.84%), Copper: 0.39mg (19.65%), Vitamin B5: 1.86mg (18.58%), Vitamin C: 9.26mg (11.23%), Vitamin A: 326.61IU (6.53%), Vitamin D: 0.22 μ g (1.45%)