



Jack-O'-Lantern Cheeseburger Pie

READY IN



60 min.

SERVINGS



8

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large eggs
- ☐ 8 servings liquid food coloring red yellow
- ☐ 2 garlic cloves pressed
- ☐ 1 pound ground beef
- ☐ 0.3 cup catsup
- ☐ 12 ounces monterrey jack cheese shredded divided
- ☐ 1 tablespoon mustard prepared
- ☐ 1 medium onion chopped
- ☐ 0.5 teaspoon pepper

- ☐ 15 ounce piecrusts refrigerated
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons water
- ☐ 1 teaspoon worcestershire sauce

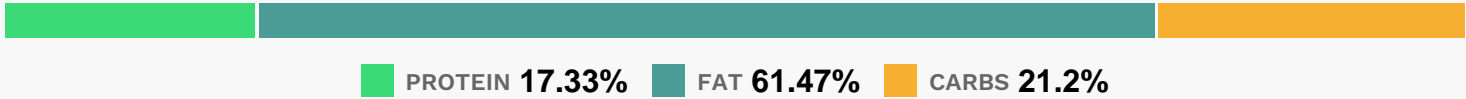
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Cook first 5 ingredients in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink; drain. Stir in ketchup and Worcestershire sauce; cool.
- ☐ Unfold 1 piecrust, and place on a lightly greased baking sheet.
- ☐ Spread mustard evenly over crust. Stir together meat mixture and 2 cups cheese; spoon onto center of crust, leaving a 2-inch border.
- ☐ Unfold remaining piecrust, and cut out a jack-o'-lantern face, reserving pastry cutouts to use as a stem.
- ☐ Place crust over meat mixture; crimp edges of crust, and fold under.
- ☐ Place stem on top of jack-o'-lantern face.
- ☐ Whisk together 2 tablespoons water, egg, and 1 drop each of red and yellow food coloring; brush over crust.
- ☐ Bake at 425 for 20 minutes; remove from oven, and brush again with egg mixture. Fill eyes, nose, and mouth with remaining 1 cup cheese.
- ☐ Bake 5 to 10 more minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.45, Inflammation Score:-4, Nutrition Score:14.331304519073%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 570.72kcal (28.54%), Fat: 38.77g (59.64%), Saturated Fat: 17.02g (106.37%), Carbohydrates: 30.09g (10.03%), Net Carbohydrates: 28.38g (10.32%), Sugar: 2.53g (2.81%), Cholesterol: 101.35mg (33.78%), Sodium: 836.72mg (36.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.59g (49.17%), Calcium: 349.47mg (34.95%), Phosphorus: 338.8mg (33.88%), Selenium: 20.5µg (29.28%), Vitamin B12: 1.62µg (27.03%), Zinc: 4.03mg (26.84%), Vitamin B2: 0.39mg (22.83%), Vitamin B3: 4.02mg (20.11%), Iron: 3.05mg (16.94%), Manganese: 0.31mg (15.45%), Vitamin B6: 0.29mg (14.66%), Folate: 55.29µg (13.82%), Vitamin B1: 0.19mg (12.82%), Potassium: 302.39mg (8.64%), Magnesium: 33.64mg (8.41%), Vitamin A: 402.72IU (8.05%), Vitamin B5: 0.72mg (7.17%), Fiber: 1.71g (6.85%), Vitamin K: 6.52µg (6.21%), Copper: 0.11mg (5.59%), Vitamin E: 0.77mg (5.16%), Vitamin D: 0.44µg (2.91%), Vitamin C: 1.66mg (2.02%)