



WHATSheATE



## Mexican beef & potato pie



Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



724 kcal

### Ingredients

- ☐ 1 tbsp cumin seeds
- ☐ 300 g salsa hot
- ☐ 500 g ground beef lean minced
- ☐ 1 beef bouillon cubes
- ☐ 400 g beans red canned
- ☐ 1 kg potatoes cut into chunks
- ☐ 50 g butter
- ☐ 100 g cheddar cheese grated
- ☐ 50 g tortilla chip crumbs

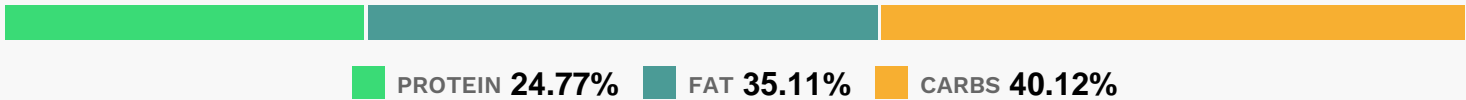
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ wooden spoon

## Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Warm the cumin seeds in a large pan and toast for a few secs. Tip the salsa into the pan, then stir in the mince, breaking it up with a wooden spoon. Crumble in the stock cube, tip in the beans with their juice and add a little less than a can of water. Season, then part-cover and simmer for 40 mins, stirring occasionally. If there is still a lot of liquid after 30 mins, remove the lid completely and allow it to reduce a little until thickened.
- ☐ Meanwhile, boil the potatoes until tender, then drain and mash with the butter and seasoning. Spoon the mince into an ovenproof dish and top with the potato, smoothing to cover the meat completely.
- ☐ Mix the cheese with the tortillas, then scatter on top of the pie and bake for 10 mins to melt the cheese take care that the tortillas dont burn.

## Nutrition Facts



## Properties

Glycemic Index:54.44, Glycemic Load:37.12, Inflammation Score:-8, Nutrition Score:37.380000036696%

## Flavonoids

Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

## Nutrients (% of daily need)

Calories: 724.45kcal (36.22%), Fat: 28.58g (43.96%), Saturated Fat: 14.59g (91.16%), Carbohydrates: 73.48g (24.49%), Net Carbohydrates: 60.49g (22%), Sugar: 7.02g (7.8%), Cholesterol: 129.41mg (43.14%), Sodium: 1372.9mg (59.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.37g (90.74%), Vitamin B6: 1.49mg (74.4%), Phosphorus: 675.36mg (67.54%), Vitamin C: 51.59mg (62.53%), Zinc: 9.03mg (60.22%), Potassium:

2014.35mg (57.55%), Vitamin B3: 11.06mg (55.31%), Fiber: 12.98g (51.93%), Vitamin B12: 3.1µg (51.6%), Selenium: 32.38µg (46.26%), Iron: 7.74mg (43%), Manganese: 0.83mg (41.36%), Magnesium: 149.74mg (37.43%), Calcium: 298.82mg (29.88%), Copper: 0.6mg (29.77%), Vitamin B2: 0.5mg (29.58%), Vitamin B1: 0.42mg (28.02%), Vitamin B5: 2.09mg (20.92%), Folate: 82.85µg (20.71%), Vitamin A: 947.31IU (18.95%), Vitamin K: 16.54µg (15.76%), Vitamin E: 2.28mg (15.19%), Vitamin D: 0.28µg (1.83%)