



Miniature Chili Pies

READY IN



45 min.

SERVINGS



4

CALORIES



77 kcal

Ingredients

- ☐ 3 tablespoons biscuit and baking mix low-fat
- ☐ 0.1 teaspoon chili powder
- ☐ 0.3 teaspoon chili powder
- ☐ 0.5 teaspoon flour all-purpose
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 ounce ground beef lean
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 teaspoons catsup
- ☐ 2 teaspoons cheddar cheese shredded reduced-fat
- ☐ 1 tablespoon onion minced

- ☐ 2 teaspoons skim milk
- ☐ 1 tablespoon water

Equipment



- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ muffin tray

Directions

- ☐ Cook ground chuck and onion in a small saucepan over medium heat until browned, stirring until meat crumbles.
- ☐ Drain and pat dry with paper towels. Wipe drippings from saucepan with a paper towel. Return beef mixture to saucepan. Stir in water and next 5 ingredients. Cover and cook over low heat 5 minutes, stirring frequently.
- ☐ Combine baking mix, 1/4 teaspoon chili powder, and milk in a small bowl, stirring well. Divide dough into four equal portions.
- ☐ Roll each portion between 2 sheets of heavy-duty plastic wrap into a 2 1/2-inch circle.
- ☐ Place in freezer 5 minutes or until plastic wrap can be removed easily. Invert and fit dough into 4 miniature (1 3/4-inch) muffin pan cups coated with cooking spray; remove remaining plastic wrap.
- ☐ Spoon beef mixture evenly into dough-lined muffin pan cups.
- ☐ Bake at 400 for 8 minutes.
- ☐ Sprinkle each pie with 1/2 teaspoon cheese.
- ☐ Bake an additional 2 minutes or until cheese melts.
- ☐ Remove from muffin pan cups, and serve immediately.

Nutrition Facts



 PROTEIN 15.44%  FAT 39.66%  CARBS 44.9%

Properties

Glycemic Index:36.31, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:2.7656521654647%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 77.1kcal (3.86%), Fat: 3.39g (5.22%), Saturated Fat: 1.1g (6.89%), Carbohydrates: 8.64g (2.88%), Net Carbohydrates: 8.24g (3%), Sugar: 2.09g (2.33%), Cholesterol: 5.85mg (1.95%), Sodium: 188.94mg (8.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.94%), Phosphorus: 94.91mg (9.49%), Vitamin B1: 0.07mg (4.98%), Vitamin B2: 0.08mg (4.5%), Vitamin B3: 0.9mg (4.48%), Folate: 16µg (4%), Calcium: 38.85mg (3.88%), Iron: 0.69mg (3.83%), Vitamin B12: 0.22µg (3.69%), Selenium: 2.51µg (3.59%), Zinc: 0.46mg (3.03%), Manganese: 0.06mg (2.97%), Vitamin B6: 0.05mg (2.45%), Potassium: 64.32mg (1.84%), Magnesium: 6.68mg (1.67%), Vitamin A: 82.29IU (1.65%), Fiber: 0.4g (1.59%), Vitamin B5: 0.16mg (1.55%), Copper: 0.03mg (1.55%), Vitamin K: 1.16µg (1.11%), Vitamin E: 0.16mg (1.09%)