



Pizza Pot Pies

READY IN



40 min.

SERVINGS



4

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces mushrooms fresh sliced canned
- 0.5 cup bell pepper green chopped
- 1 pound ground beef italian lean
- 0.5 cup onion chopped
- 8 ounces tomato sauce canned
- 4 ounces mozzarella cheese shredded
- 0.3 cup water hot
- 1 cup baking mix original bisquick®

Equipment

- frying pan
- oven
- knife
- cookie cutter

Directions

- Heat oven to 375°F. Grease four 10- to 12-ounce casseroles.
- Cook ground beef, onion and bell pepper in 10-inch skillet over medium heat, stirring frequently, until beef is brown; drain. Stir in pizza sauce and mushrooms.
- Heat to boiling, stirring occasionally; reduce heat. Simmer uncovered 5 minutes, stirring occasionally. Spoon beef mixture into casseroles.
- Sprinkle 1/4 cup cheese on each.
- Mix Bisquick mix and very hot water; beat vigorously 20 seconds. Turn dough onto surface dusted with Bisquick mix; gently roll in Bisquick mix to coat. Shape into ball; knead about 10 times or until smooth. Divide dough into 4 balls. Pat each ball into circle the size of diameter of casserole.
- Cut steam vent in each circle with knife or cookie cutter.
- Place each circle on beef mixture in casserole.
- Bake 15 to 20 minutes or until very light brown.

Nutrition Facts

 **PROTEIN 35.15%**  **FAT 38.39%**  **CARBS 26.46%**

Properties

Glycemic Index:35.25, Glycemic Load:1.81, Inflammation Score:-6, Nutrition Score:23.22434776244%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin:

4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 400.37kcal (20.02%), Fat: 16.94g (26.07%), Saturated Fat: 7.53g (47.04%), Carbohydrates: 26.28g (8.76%), Net Carbohydrates: 23.86g (8.68%), Sugar: 7.66g (8.51%), Cholesterol: 93.3mg (31.1%), Sodium: 907.66mg (39.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.9g (69.8%), Vitamin B12: 3.31µg (55.25%), Phosphorus: 549.6mg (54.96%), Zinc: 7.11mg (47.41%), Vitamin B3: 9.32mg (46.6%), Selenium: 29.88µg (42.68%), Vitamin B2: 0.56mg (32.67%), Vitamin B6: 0.63mg (31.43%), Vitamin C: 21.11mg (25.59%), Iron: 4.45mg (24.7%), Potassium: 783.14mg (22.38%), Calcium: 222.77mg (22.28%), Vitamin B1: 0.28mg (18.93%), Vitamin B5: 1.68mg (16.76%), Copper: 0.31mg (15.72%), Folate: 60.74µg (15.18%), Magnesium: 53.18mg (13.3%), Manganese: 0.24mg (12.22%), Vitamin A: 507.66IU (10.15%), Fiber: 2.42g (9.68%), Vitamin E: 1.3mg (8.68%), Vitamin K: 5.99µg (5.7%), Vitamin D: 0.28µg (1.89%)