



Popover Pizza Casserole

READY IN



50 min.

SERVINGS



6

CALORIES



504 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound ground beef
- 14 ounces tomato sauce canned
- 2 eggs
- 1 cup milk
- 1 tablespoon vegetable oil
- 1 cup flour all-purpose
- 0.5 teaspoon salt
- 8 ounces cheddar cheese shredded
- 2 tablespoons spring onion chopped

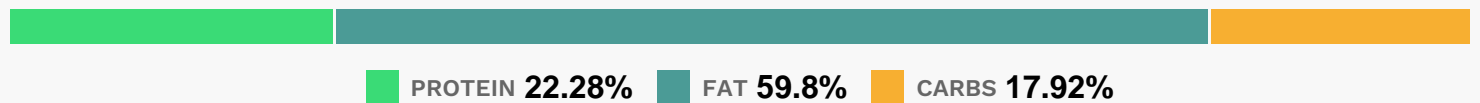
Equipment

- frying pan
- oven
- whisk
- baking pan

Directions

- Heat oven to 425°.
- Cook beef in 10-inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain. Stir in pizza sauce.
- Heat to boiling; reduce heat to low and keep warm.
- Beat eggs, milk, oil, flour and salt with wire whisk until foamy. Spoon beef mixture into ungreased rectangular baking dish, 13x9x2 inches.
- Sprinkle with cheese.
- Pour egg mixture over cheese.
- Sprinkle with onions.
- Bake uncovered 25 to 30 minutes or until puffy and golden brown.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.17, Glycemic Load:13.64, Inflammation Score:-6, Nutrition Score:19.554782577183%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 504kcal (25.2%), Fat: 33.34g (51.29%), Saturated Fat: 14.68g (91.75%), Carbohydrates: 22.48g (7.49%), Net Carbohydrates: 20.88g (7.59%), Sugar: 4.59g (5.1%), Cholesterol: 150.91mg (50.3%), Sodium: 842.21mg (36.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.95g (55.9%), Selenium: 34.78µg (49.69%), Phosphorus: 403.78mg (40.38%), Vitamin B12: 2.37µg (39.48%), Calcium: 353.03mg (35.3%), Zinc: 5.2mg (34.69%), Vitamin B2: 0.55mg (32.31%), Vitamin B3: 5.16mg (25.82%), Vitamin B6: 0.4mg (19.76%), Iron: 3.42mg (18.98%), Vitamin B1: 0.25mg (16.84%), Vitamin A: 830.19IU (16.6%), Folate: 65.48µg (16.37%), Potassium: 538.78mg (15.39%), Vitamin E: 1.93mg (12.86%), Vitamin B5: 1.21mg (12.09%), Vitamin K: 12.66µg (12.05%), Manganese: 0.23mg (11.68%), Magnesium: 44.61mg (11.15%), Copper: 0.18mg (8.87%), Vitamin D: 1.04µg (6.95%), Fiber: 1.61g (6.43%), Vitamin C: 5.01mg (6.07%)