



## Quick Cheeseburger Pie

READY IN



50 min.

SERVINGS



8

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 cup dill pickle juice
- ☐ 0.5 cup dill pickles chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 1 pound ground beef lean
- ☐ 0.3 cup milk
- ☐ 1 small onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening

- ☐ 2 cups swiss cheese shredded divided
- ☐ 4 tablespoons water cold

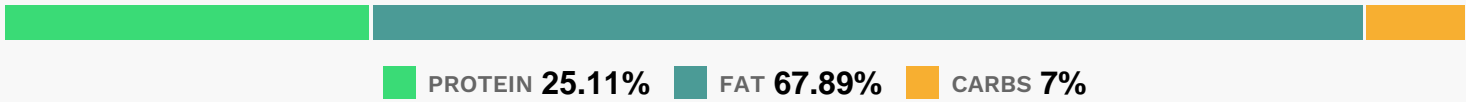
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pie form

## Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ To Make Pat-in-Pan Pastry: In a medium bowl, mix 1 1/3 cups flour and 1/2 teaspoon salt.
- ☐ Cut in shortening until mixture resembles tiny peas.
- ☐ Add cold water 1 tablespoon at a time, stirring with a fork after each addition.
- ☐ Mix lightly just until pastry almost cleans sides of bowl. Pat into bottom and sides of an 8 inch pie pan.
- ☐ Bake in preheated oven for 15 minutes.
- ☐ To Make Filling: Crumble ground beef into a large skillet and saute over medium heat for 1 minute.
- ☐ Add onion and garlic. Continue to saute until onion is browned, about 10 minutes.
- ☐ Drain grease from mixture.
- ☐ Sprinkle beef mixture with 1/2 teaspoon salt and 1/4 cup flour. Stir in pickle liquid, milk, pickles, and 1 cup shredded cheese. Spoon mixture into pastry shell.
- ☐ Bake in preheated oven for 15 minutes.
- ☐ Sprinkle top with remaining 1 cup cheese and bake an additional 5 minutes, until pastry is golden brown and cheese is bubbly.

## Nutrition Facts



## Properties

Glycemic Index:24.63, Glycemic Load:2.66, Inflammation Score:-3, Nutrition Score:11.242608593858%

## Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

## Nutrients (% of daily need)

Calories: 325.31kcal (16.27%), Fat: 24.43g (37.58%), Saturated Fat: 9.6g (59.99%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 5.32g (1.93%), Sugar: 0.99g (1.1%), Cholesterol: 61.48mg (20.49%), Sodium: 458.04mg (19.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.33g (40.66%), Vitamin B12: 2.14µg (35.67%), Phosphorus: 286.27mg (28.63%), Selenium: 19.61µg (28.01%), Zinc: 4.17mg (27.77%), Calcium: 266.45mg (26.65%), Vitamin B3: 3.4mg (16.98%), Vitamin B6: 0.27mg (13.37%), Vitamin B2: 0.21mg (12.61%), Iron: 1.62mg (9.01%), Vitamin K: 8.95µg (8.52%), Vitamin E: 1.13mg (7.51%), Potassium: 259.1mg (7.4%), Vitamin B5: 0.64mg (6.39%), Magnesium: 25.14mg (6.28%), Vitamin A: 257.13IU (5.14%), Vitamin B1: 0.07mg (4.94%), Folate: 14.8µg (3.7%), Copper: 0.07mg (3.51%), Manganese: 0.06mg (2.81%), Fiber: 0.35g (1.41%), Vitamin C: 0.95mg (1.15%), Vitamin D: 0.17µg (1.12%)