



Quick Crescent Taco Pie

READY IN



45 min.

SERVINGS



10

CALORIES



355 kcal

Ingredients

- ☐ 0.3 cup olives black pitted sliced
- ☐ 1 pound ground beef lean
- ☐ 8 ounce crescent rolls refrigerated
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 cup heavy whipping cream sour
- ☐ 1.3 ounce taco seasoning
- ☐ 2 cups tortilla chips crushed
- ☐ 0.5 cup water

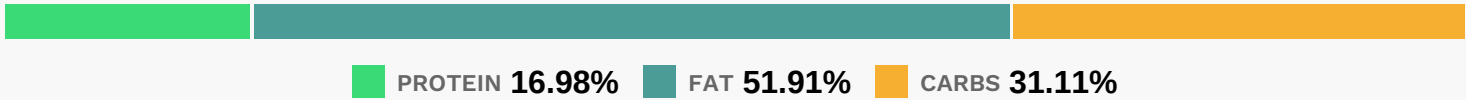
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pie form

Directions

- ☐ In a large fry pan, brown the ground chuck.
- ☐ Drain off the oil. Stir in seasoning mix, water, and olives. Simmer for 5 minutes.
- ☐ Separate crescent dough into 8 triangles.
- ☐ Place triangles in an ungreased 10-inch pie pan, pressing to form a crust.
- ☐ Sprinkle 1 cup corn chips over the bottom of crust. Spoon meat mixture over crust and corn chips.
- ☐ Spread sour cream over meat mixture, and cover with cheese.
- ☐ Sprinkle remaining corn chips over the top.
- ☐ Bake at 375 degrees F (190 degrees C) for 20 to 25 minutes, or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.07, Inflammation Score:-5, Nutrition Score:9.1613042730352%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 354.91kcal (17.75%), Fat: 20.9g (32.15%), Saturated Fat: 8.29g (51.82%), Carbohydrates: 28.17g (9.39%), Net Carbohydrates: 26.12g (9.5%), Sugar: 3.96g (4.4%), Cholesterol: 52.99mg (17.66%), Sodium: 721.14mg (31.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.38g (30.76%), Phosphorus: 210.98mg (21.1%), Zinc: 3.12mg (20.8%), Vitamin B12: 1.18µg (19.74%), Selenium: 12.99µg (18.56%), Vitamin B3: 2.72mg (13.61%), Calcium: 134.28mg (13.43%), Vitamin A: 607.32IU (12.15%), Vitamin B6: 0.24mg (11.88%), Iron: 2.01mg (11.17%), Vitamin B2: 0.18mg (10.47%), Magnesium: 35.26mg (8.82%), Vitamin E: 1.28mg (8.55%), Fiber: 2.06g (8.23%), Vitamin B5: 0.69mg (6.89%), Potassium: 238.14mg (6.8%), Vitamin K: 5.62µg (5.35%), Vitamin B1: 0.06mg (3.97%), Copper: 0.07mg (3.62%), Folate: 8.92µg (2.23%), Vitamin C: 1.8mg (2.18%)