



Savory Beef and Mushroom Pie

READY IN



80 min.

SERVINGS



6

CALORIES



547 kcal

Ingredients

- ☐ 3 oz cream cheese softened
- ☐ 1 envelope savoury with garlic soup mix (from 2.4-oz. pkg.)
- ☐ 3 tablespoons flour all-purpose
- ☐ 1.5 cups mushrooms fresh sliced
- ☐ 0.5 cup half and half
- ☐ 1 lb ground beef lean
- ☐ 0.8 cup onion chopped
- ☐ 1 box pie crust dough refrigerated softened pillsbury®
- ☐ 0.5 cup swiss cheese shredded

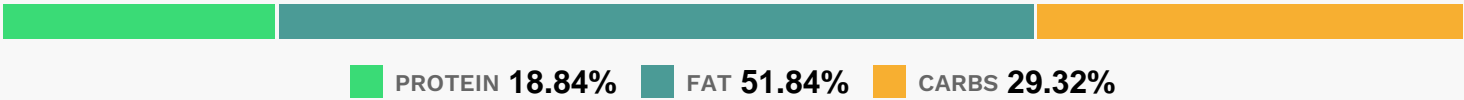
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pie form

Directions

- ☐ Prepare pie crusts as directed on package for two-crust pie using 9-inch pie pan.
- ☐ Heat oven to 375°F. In 12-inch nonstick skillet, cook ground beef, mushrooms, onions and flour over medium heat for 10 to 12 minutes or until beef is thoroughly cooked and liquid from mushrooms has evaporated, stirring frequently.
- ☐ Stir in soup mix and half-and-half.
- ☐ Add cream cheese; cook until cream cheese has melted and mixture is hot, stirring constantly.
- ☐ Remove from heat. Stir in Swiss cheese.
- ☐ Pour beef mixture into crust-lined pan. Top with second crust; seal edges and flute.
- ☐ Cut slits in several places in top crust.
- ☐ Bake at 375°F. for 35 to 45 minutes or until crust is golden brown.
- ☐ Let stand 10 minutes before serving.
- ☐ Cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:2.9, Inflammation Score:-5, Nutrition Score:16.780434704345%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 547.02kcal (27.35%), Fat: 31.29g (48.14%), Saturated Fat: 13.09g (81.82%), Carbohydrates: 39.82g (13.27%), Net Carbohydrates: 37.4g (13.6%), Sugar: 2.7g (3%), Cholesterol: 76.62mg (25.54%), Sodium: 398.14mg (17.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.59g (51.17%), Selenium: 25.14µg (35.91%), Vitamin B3: 7.11mg (35.56%), Vitamin B12: 2.04µg (34.07%), Zinc: 4.88mg (32.55%), Phosphorus: 314.39mg (31.44%), Vitamin B2: 0.45mg (26.73%), Iron: 3.97mg (22.05%), Vitamin B6: 0.41mg (20.38%), Vitamin B1: 0.28mg (18.89%), Manganese: 0.38mg (18.86%), Folate: 67.88µg (16.97%), Calcium: 144.33mg (14.43%), Potassium: 489.24mg (13.98%), Vitamin B5: 1.33mg (13.33%), Copper: 0.21mg (10.39%), Fiber: 2.42g (9.7%), Magnesium: 38.51mg (9.63%), Vitamin A: 346.07IU (6.92%), Vitamin K: 5.87µg (5.59%), Vitamin E: 0.75mg (5.02%), Vitamin C: 2.25mg (2.73%)