



WHATShEATE



Spicy Beef Pizza Pie



Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup processed cheese food
- ☐ 0.3 cup water hot
- ☐ 1 cup beef shredded cooked
- ☐ 16 oz salsa thick
- ☐ 15 oz black beans rinsed drained canned
- ☐ 1 cup tomatoes chopped
- ☐ 0.3 cup spring onion sliced
- ☐ 1 cup pepper jack cheese shredded

☐ 2 cups frangelico

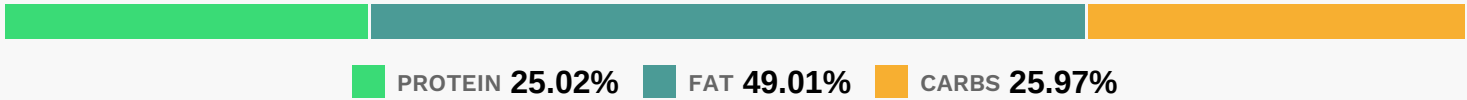
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Move oven rack to lowest position.
- ☐ Heat oven to 375° F. Spray 12-inch pizza pan with cooking spray.
- ☐ In medium bowl, stir Bisquick mix, cheese sauce and hot water until soft dough forms. On surface sprinkled with Bisquick mix, gently roll dough in Bisquick mix to coat. Shape into a ball; knead 5 times or until smooth. Press dough into pan, using fingers dipped in Bisquick mix.
- ☐ In large bowl, mix beef, salsa and beans; spoon mixture over dough to within 1 inch of edge. Top with tomato and green onions; sprinkle with cheese.
- ☐ Bake 28 to 30 minutes or until crust is golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:10.893043401449%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 209.52kcal (10.48%), Fat: 11.6g (17.85%), Saturated Fat: 5.7g (35.65%), Carbohydrates: 13.84g (4.61%), Net Carbohydrates: 8.84g (3.22%), Sugar: 2.89g (3.21%), Cholesterol: 36.92mg (12.31%), Sodium: 754.56mg (32.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.33g (26.65%), Phosphorus: 216.37mg (21.64%), Fiber: 4.99g

(19.97%), Calcium: 194.97mg (19.5%), Zinc: 2.15mg (14.36%), Vitamin B12: 0.78µg (13.08%), Potassium: 455.92mg (13.03%), Vitamin B6: 0.25mg (12.51%), Vitamin A: 610.55IU (12.21%), Selenium: 8.37µg (11.96%), Vitamin B3: 2.3mg (11.48%), Vitamin B2: 0.19mg (11.47%), Iron: 2.02mg (11.22%), Folate: 44.35µg (11.09%), Manganese: 0.22mg (11.02%), Vitamin K: 11.29µg (10.76%), Magnesium: 39.59mg (9.9%), Copper: 0.18mg (8.87%), Vitamin B1: 0.12mg (7.85%), Vitamin C: 5.65mg (6.85%), Vitamin E: 1mg (6.64%), Vitamin B5: 0.42mg (4.2%)