



Spicy Beef Pizza Pie

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- ☐ 2 cups frangelico
- ☐ 2 cups frangelico

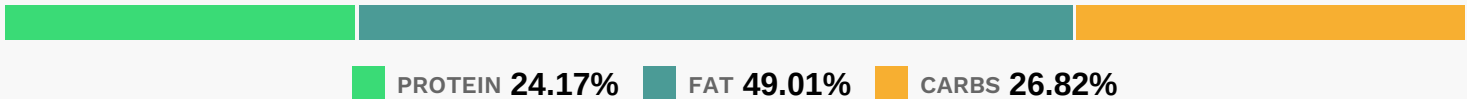
Equipment

- ☐ 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:12.13, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:10.356521668641%

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: 207.78kcal (10.39%), Fat: 11.53g (17.74%), Saturated Fat: 5.21g (32.56%), Carbohydrates: 14.2g (4.73%), Net Carbohydrates: 9.21g (3.35%), Sugar: 3.09g (3.43%), Cholesterol: 33.21mg (11.07%), Sodium: 742.16mg (32.27%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.8g (25.6%), Fiber: 4.99g (19.97%), Phosphorus: 188.33mg (18.83%), Calcium: 154.53mg (15.45%), Zinc: 2.04mg (13.63%), Potassium: 450.15mg (12.86%), Vitamin B6: 0.25mg (12.39%), Vitamin A: 608.83IU (12.18%), Vitamin B12: 0.72µg (11.99%), Vitamin B3: 2.29mg (11.47%), Iron: 1.99mg (11.07%), Folate: 44µg (11%), Manganese: 0.22mg (10.93%), Vitamin B2: 0.18mg (10.86%), Selenium: 7.49µg (10.7%), Vitamin K: 11.18µg (10.65%), Magnesium: 38.45mg (9.61%), Copper: 0.18mg (8.77%), Vitamin B1: 0.12mg (7.81%), Vitamin C: 5.65mg (6.85%), Vitamin E: 0.96mg (6.41%), Vitamin B5: 0.4mg (4.02%)