



Taco Pies

READY IN

ready

40 min.

SERVINGS

servings

8

CALORIES

calories

637 kcal

Ingredients

- ☐ 8 servings olives black
- ☐ 2 9-inch deep dish pie crusts frozen thawed ()
- ☐ 1 pound ground beef
- ☐ 2 cups lettuce shredded
- ☐ 1 onion chopped
- ☐ 16 ounce refried beans canned
- ☐ 1 cup cheddar cheese shredded
- ☐ 8 servings cup heavy whipping cream sour
- ☐ 1 large tomatoes diced
- ☐ 1 cup tortilla chips crushed

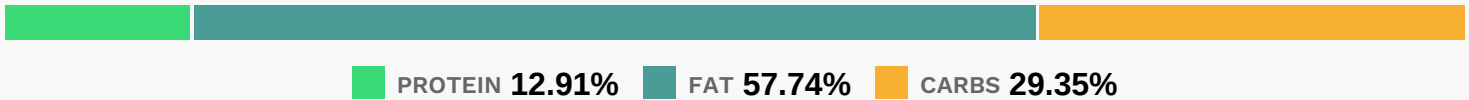
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bake pie crusts following package directions, but cutting the bake time in half.
- ☐ In a large, heavy skillet over medium-high heat, cook the ground beef until evenly brown; drain excess fat.
- ☐ Place half the refried beans in each pie shell, smearing over the bottom and the sides of the partially baked shells.
- ☐ Spread a layer of ground meat over the beans, and top with the onion, crushed tortilla chips, and cheese.
- ☐ Bake 15 to 20 minutes, or until the crust is golden brown, and the cheese is bubbly. Top with lettuce, tomato, sour cream, and black olives.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:2.18, Inflammation Score:-6, Nutrition Score:14.923043331374%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 636.78kcal (31.84%), Fat: 40.83g (62.81%), Saturated Fat: 13.69g (85.58%), Carbohydrates: 46.7g (15.57%), Net Carbohydrates: 41.36g (15.04%), Sugar: 3.63g (4.03%), Cholesterol: 61.46mg (20.49%), Sodium: 1022.19mg (44.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.54g (41.08%), Phosphorus: 248.01mg (24.8%),

Selenium: 16.39µg (23.41%), Zinc: 3.48mg (23.22%), Vitamin B12: 1.39µg (23.14%), Fiber: 5.33g (21.33%), Vitamin B3: 4.17mg (20.84%), Iron: 3.4mg (18.88%), Calcium: 186.52mg (18.65%), Vitamin K: 19.49µg (18.56%), Manganese: 0.34mg (17.18%), Vitamin E: 2.51mg (16.75%), Folate: 64.73µg (16.18%), Vitamin B2: 0.27mg (15.95%), Vitamin B6: 0.3mg (14.93%), Vitamin B1: 0.21mg (13.71%), Vitamin A: 622.53IU (12.45%), Magnesium: 42.54mg (10.64%), Potassium: 364.31mg (10.41%), Vitamin B5: 0.82mg (8.15%), Copper: 0.15mg (7.36%), Vitamin C: 4.75mg (5.75%)