Cheeseburger Pie15

Number of Servings: 15 (192.82 g per serving)

Preparation Time: Cook Time: Cook Temperature: 400
Pan Size: Cook Method:

Amount	Measure	Ingredient
2 1/2	lb	Beef, ground, extra lean, raw
2 1/2	cup	Onion, white, fresh, chpd
1/2	tsp	Salt, table, iodized
2 1/2	cup	Cheese, cheddar, low fat, shredded
1 1/4	cup	Baking Mix, Heart Smart, dry
2 1/2	cup	Milk, nonfat/skim, w/add vit A & D
6.00	ea	Eggs, whole, raw, lrg

Nutrients per serving

Nutrition Facts

Serving Size (193g)
Servings Per Container

Amount Per Serving

Calories 210 Calories from Fat 60

	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 120mg	**40%**
Sodium 400mg	**17%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 1g	**4%**
Sugars 4g	
Protein 24g	

Vitamin A 4% • Vitamin C 4%
Calcium 20% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Instructions

-Heat oven 400 F, Coat pan with non fat cooking spray
-Cook hamburger with onion until brown, Drain, stir in salt.
-Spread in baking pan, Sprinkle cheese over top
-Stir other ingredients together until throughly blended,
-Pour over beef/cheese mixture,
-Bake 25 mins (small yields) to 1 hour (large Yields) until knife inserted into center comes out clean.
Cut into # of pieces to match yield of recipe
1 piece = 1 CS & protein for the meal
Food Handling :
- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
Cooking :
- Cook to an internal temperature of 155 F for 15 seconds.
Holding :
- Hold for hot service at an internal temp of 135 F or higher.
Cooling :
- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.
Storing :
- Store refrigerated left overs at an internal temp of 32 - 36 F.
Reheating :
- Reheat to an internal temperature of 165 F for 15 seconds