



Baked Taco Sandwich

 Gluten Free

READY IN



42 min.

SERVINGS



4

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground beef lean
- ☐ 1 oz taco seasoning
- ☐ 0.3 cup water cold
- ☐ 3 ounces cheddar cheese shredded
- ☐ 1 serving cream sour
- ☐ 1 serving lettuce shredded
- ☐ 1 serving tomatoes chopped
- ☐ 1 cup frangelico

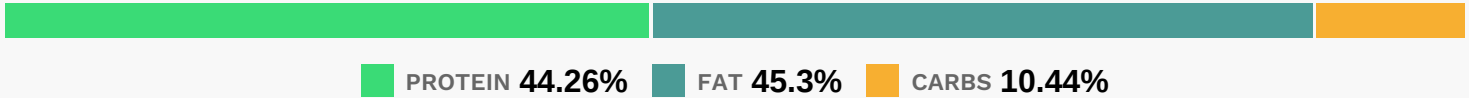
Equipment

- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 450°F. Grease square pan, 8x8x2 inches. Cook beef and taco seasoning mix as directed on envelope of seasoning mix.
- ☐ Mix Bisquick mix and cold water until soft dough forms; spread in pan.
- ☐ Spread beef mixture over dough.
- ☐ Bake uncovered 25 to 30 minutes or until edges are golden brown and toothpick inserted in center comes out clean. Immediately sprinkle with cheese.
- ☐ Let stand 1 to 2 minutes or until cheese is melted.
- ☐ Serve with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.73, Inflammation Score:-7, Nutrition Score:17.131739238034%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 272.58kcal (13.63%), Fat: 13.6g (20.93%), Saturated Fat: 6.95g (43.46%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 4.92g (1.79%), Sugar: 3.12g (3.47%), Cholesterol: 93.34mg (31.11%), Sodium: 792.1mg (34.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.9g (59.8%), Vitamin B12: 2.77µg (46.2%), Zinc: 6.67mg (44.49%), Selenium: 25.88µg (36.97%), Phosphorus: 339.44mg (33.94%), Vitamin B3: 6.54mg (32.69%), Vitamin A:

1383.15IU (27.66%), Vitamin B6: 0.51mg (25.29%), Iron: 3.43mg (19.03%), Vitamin B2: 0.3mg (17.38%), Calcium: 172.66mg (17.27%), Potassium: 550.5mg (15.73%), Vitamin C: 10mg (12.13%), Magnesium: 37.69mg (9.42%), Vitamin K: 9.81µg (9.35%), Vitamin B5: 0.89mg (8.86%), Fiber: 2.14g (8.56%), Copper: 0.13mg (6.51%), Folate: 23.52µg (5.88%), Vitamin B1: 0.08mg (5.27%), Vitamin E: 0.77mg (5.14%), Manganese: 0.09mg (4.65%), Vitamin D: 0.24µg (1.61%)