



## Barbecue Beef and Potato Turnovers

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup barbecue sauce
- 0.5 pound ground beef 80% lean (at least )
- 0.5 cup potatoes frozen with onions and peppers (from 24-oz bag)
- 0.3 cup cheddar cheese shredded

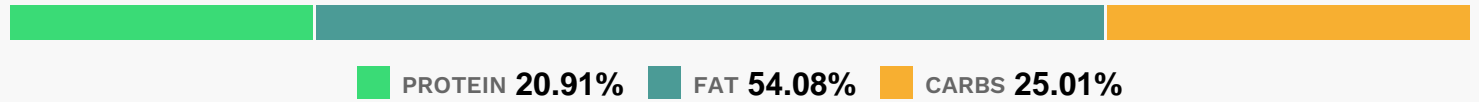
### Equipment

- frying pan
- baking sheet
- oven

## Directions

- Heat oven to 375 degrees F. In 8-inch skillet, cook beef over medium-high heat, stirring frequently, until thoroughly cooked.
- Drain. Stir in barbecue sauce, potatoes and cheese.
- If using crescent rolls: Unroll dough; separate dough into 4 rectangles.
- Place on ungreased large cookie sheet; press perforations to seal. If using dough sheet: Unroll dough; cut into 4 rectangles.
- Place on ungreased large cookie sheet.
- Spoon 1/4 of beef mixture onto 1 side of each rectangle. Fold dough over filling; press edges to seal.
- Bake 13 to 19 minutes or until turnovers are golden brown.

## Nutrition Facts



## Properties

Glycemic Index:27.69, Glycemic Load:3.4, Inflammation Score:-2, Nutrition Score:7.4713043518688%

## Flavonoids

Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 234.04kcal (11.7%), Fat: 13.91g (21.41%), Saturated Fat: 5.72g (35.78%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 13.69g (4.98%), Sugar: 8.14g (9.05%), Cholesterol: 47.32mg (15.77%), Sodium: 331.24mg (14.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.11g (24.21%), Vitamin B12: 1.29µg (21.47%), Zinc: 2.75mg (18.31%), Selenium: 10.89µg (15.56%), Phosphorus: 141.66mg (14.17%), Vitamin B6: 0.28mg (14.17%), Vitamin B3: 2.82mg (14.1%), Potassium: 324.33mg (9.27%), Iron: 1.47mg (8.16%), Vitamin B2: 0.14mg (8.05%), Calcium: 71.15mg (7.12%), Vitamin C: 5.31mg (6.44%), Magnesium: 20.68mg (5.17%), Vitamin B5: 0.43mg (4.31%), Copper: 0.08mg (4.12%), Manganese: 0.08mg (3.83%), Vitamin B1: 0.05mg (3.53%), Vitamin E: 0.48mg (3.19%), Fiber: 0.79g (3.17%), Folate: 10.13µg (2.53%), Vitamin A: 124.68IU (2.49%), Vitamin K: 2.12µg (2.02%)