



Barbecue Beef Cheese Melts

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon ground mustard
- 1 cup milk
- 1 eggs beaten
- 1 teaspoon vegetable oil
- 0.5 cup bell pepper green chopped
- 0.3 cup onion chopped
- 1 cup barbecue sauce
- 0.8 lb pan drippings from roast beef preferably cooked chopped (from deli)

- 8 oz cheddar cheese shredded
- 2 cups frangelico

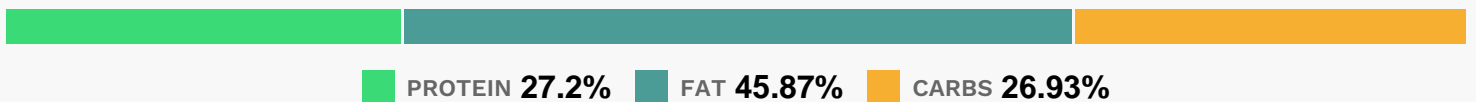
Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Heat oven to 350°F. Spray 13x9-inch pan with cooking spray. In large bowl, stir Bisquick mix, mustard, milk and egg until mixed.
- Pour and spread in pan.
- Bake 15 to 17 minutes or until toothpick inserted in center comes out clean. (Top will not brown.)
- Meanwhile, in 10-inch nonstick skillet, heat oil over medium heat.
- Add bell pepper and onion; cook 3 to 4 minutes, stirring occasionally, until crisp-tender. Stir in barbecue sauce and beef. Cook until hot.
- Spread beef mixture over baked bread base.
- Sprinkle evenly with cheese.
- Bake 4 to 5 minutes longer or until cheese is melted.
- Cut into squares.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.86, Inflammation Score:-5, Nutrition Score:11.763913164968%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 263.82kcal (13.19%), Fat: 13.48g (20.74%), Saturated Fat: 6.8g (42.53%), Carbohydrates: 17.8g (5.93%), Net Carbohydrates: 17.22g (6.26%), Sugar: 13.89g (15.44%), Cholesterol: 76.71mg (25.57%), Sodium: 1213.52mg (52.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.99g (35.97%), Calcium: 374.31mg (37.43%), Vitamin C: 27.22mg (32.99%), Phosphorus: 265.11mg (26.51%), Vitamin B12: 1.24µg (20.62%), Selenium: 13.89µg (19.84%), Zinc: 2.86mg (19.07%), Vitamin B3: 3.48mg (17.4%), Vitamin B2: 0.27mg (15.82%), Vitamin B6: 0.27mg (13.59%), Vitamin A: 477.85IU (9.56%), Potassium: 301.7mg (8.62%), Iron: 1.32mg (7.32%), Magnesium: 27.45mg (6.86%), Vitamin B5: 0.52mg (5.18%), Vitamin E: 0.66mg (4.4%), Vitamin B1: 0.06mg (4.23%), Vitamin D: 0.62µg (4.1%), Manganese: 0.08mg (3.98%), Copper: 0.08mg (3.9%), Folate: 15.21µg (3.8%), Vitamin K: 3.18µg (3.03%), Fiber: 0.58g (2.32%)