



Barbecue Beef-Filled Biscuits

READY IN



35 min.

SERVINGS



35

CALORIES



42 kcal

Ingredients

- 0.3 cup original barbecue sauce kraft
- 7.5 oz biscuits refrigerated canned
- 0.5 lb extra-lean ground beef
- 0.5 cup milk cheddar jack cheese shredded 2% mexican style kraft finely
- 1 small bell pepper green red finely chopped

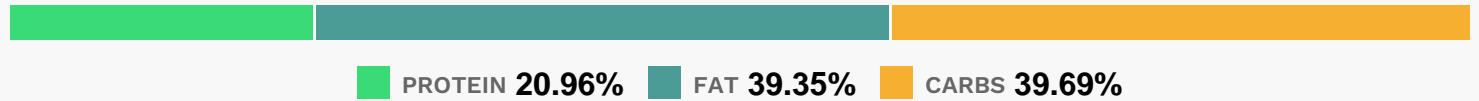
Equipment

- frying pan
- oven
- muffin tray

Directions

- Heat oven to 375F.
- Brown meat with peppers in medium skillet.
- Remove from heat. Stir in barbecue sauce.
- Separate biscuits. Press 1 biscuit onto bottom and up side of each of 8 muffin pan cups. (See tip for what to do with remaining 2 biscuits.)
- Spoon meat mixture into biscuit cups; press gently into cups with back of spoon.
- Bake 10 min. or until biscuits are lightly browned. Top with cheese; bake 3 to 4 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:2.91, Glycemic Load:1.87, Inflammation Score:-1, Nutrition Score:1.6413043549527%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 42.18kcal (2.11%), Fat: 1.84g (2.82%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 4.17g (1.39%), Net Carbohydrates: 4.03g (1.46%), Sugar: 1.17g (1.31%), Cholesterol: 5.51mg (1.84%), Sodium: 99.31mg (4.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Phosphorus: 47.09mg (4.71%), Selenium: 2.54µg (3.63%), Vitamin B3: 0.59mg (2.94%), Vitamin B12: 0.17µg (2.78%), Zinc: 0.41mg (2.77%), Iron: 0.39mg (2.17%), Vitamin B2: 0.04mg (2.15%), Vitamin C: 1.72mg (2.08%), Vitamin B1: 0.03mg (2.04%), Vitamin B6: 0.04mg (1.82%), Calcium: 16.71mg (1.67%), Manganese: 0.03mg (1.53%), Potassium: 47.35mg (1.35%), Folate: 5.13µg (1.28%)