



Barbeque Beef Bake

READY IN



45 min.

SERVINGS



6

CALORIES



652 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups baking mix bisquick® (such as)
- 1 cup barbecue sauce
- 2 eggs
- 1 pound ground beef
- 1 cup milk
- 0.8 cup onion chopped
- 2 cups cheddar cheese shredded

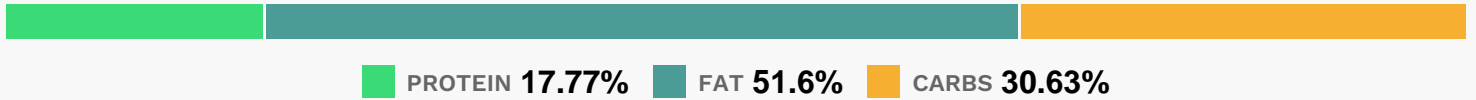
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Preheat an oven to 400 degrees F (200 degrees C).
- Cook the ground beef and onion together in a large skillet over medium heat until the beef is completely browned; stir the barbeque sauce and Cheddar cheese into the ground beef.
- Pour the mixture into a 9x13-inch dish.
- Whisk the baking mix, eggs, and milk together in a bowl; pour over the beef mixture.
- Bake in the preheated oven until the crust is golden brown and cooked throughout, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:1.38, Inflammation Score:-6, Nutrition Score:20.436086696127%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 652.26kcal (32.61%), Fat: 37.1g (57.08%), Saturated Fat: 15.86g (99.15%), Carbohydrates: 49.56g (16.52%), Net Carbohydrates: 47.95g (17.44%), Sugar: 23.47g (26.08%), Cholesterol: 151.58mg (50.53%), Sodium: 1335.44mg (58.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.75g (57.5%), Phosphorus: 611.41mg (61.14%), Selenium: 30.99µg (44.28%), Calcium: 430.07mg (43.01%), Vitamin B12: 2.52µg (42.05%), Vitamin B2: 0.61mg (35.77%), Zinc: 5.25mg (35.02%), Vitamin B3: 5.39mg (26.97%), Vitamin B1: 0.32mg (21.48%), Vitamin B6: 0.41mg (20.5%), Folate: 74.85µg (18.71%), Iron: 3.24mg (17.99%), Potassium: 519.35mg (14.84%), Vitamin B5: 1.37mg (13.68%), Vitamin A: 631.27IU (12.63%), Magnesium: 47.86mg (11.96%), Manganese: 0.24mg (11.95%), Copper: 0.17mg (8.66%), Vitamin E: 1.2mg (8.03%), Vitamin D: 1.04µg (6.95%), Fiber: 1.61g (6.44%), Vitamin K: 5.97µg (5.68%), Vitamin C: 1.89mg (2.29%)