



BBQ Cups

 Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



185 kcal

SIDE DISH

Ingredients

- 1 lb ground beef 80% lean (at least)
- 0.3 cup onion finely chopped
- 1 cup barbecue sauce
- 4 oz cheddar cheese shredded
- 0.7 cup milk
- 2.3 cups frangelico

Equipment

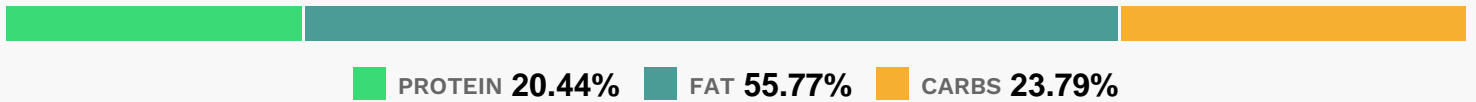
- bowl

- frying pan
- oven
- muffin liners

Directions

- Heat oven to 450°F. Spray 12 regular-size muffin cups with cooking spray.
- In 10-inch nonstick skillet, cook beef and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in barbecue sauce; cook until mixture just begins to bubble.
- In medium bowl, stir Bisquick mix, 1/2 cup of the cheese and the milk until soft dough forms. Spoon about 2 tablespoons dough into each muffin cup. Press dough in bottom and up sides of each cup. Spoon 2 tablespoons beef mixture into each cup.
- Bake 8 to 10 minutes or until top edges of cups are golden brown.
- Sprinkle each with remaining cheese.
- Let stand 5 minutes; remove from pan.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:0.37, Inflammation Score:-2, Nutrition Score:5.4360870109952%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 185.03kcal (9.25%), Fat: 11.36g (17.48%), Saturated Fat: 4.98g (31.12%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 10.63g (3.86%), Sugar: 8.74g (9.71%), Cholesterol: 37.91mg (12.64%), Sodium: 337.9mg (14.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.37g (18.74%), Vitamin B12: 0.98µg (16.37%), Zinc: 2.03mg (13.52%), Selenium: 8.93µg (12.75%), Phosphorus: 122.43mg (12.24%), Calcium: 98.92mg (9.89%), Vitamin B3: 1.76mg (8.82%), Vitamin B6: 0.16mg (7.94%), Vitamin B2: 0.13mg (7.68%), Potassium: 189.83mg (5.42%), Iron: 0.91mg (5.04%), Magnesium: 14.04mg (3.51%), Vitamin A: 170.1IU (3.4%), Vitamin B5: 0.32mg (3.23%), Vitamin E:

0.42mg (2.83%), Vitamin B1: 0.03mg (2.24%), Copper: 0.04mg (2.24%), Manganese: 0.04mg (1.98%), Vitamin D:
0.24µg (1.62%), Folate: 5.74µg (1.44%), Vitamin K: 1.39µg (1.32%), Fiber: 0.27g (1.08%)