



BBQ Steak Foldovers

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons cooking oil
- 0.5 bell pepper green cut into thin strips
- 0.5 small onion cut into thin strips
- 0.5 lb beef top sirloin steaks boneless cut into 1x1/4-inch strips
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 2 tablespoons barbecue sauce
- 2 oz provolone cheese cut in half

- 0.5 cup water boiling
- 2 tablespoons milk
- 1 eggs beaten
- 2 cups frangelico

Equipment

- bowl
- frying pan
- baking sheet
- oven
- plastic wrap

Directions

- In 10-inch skillet, heat oil over medium-high heat. Cook bell pepper and onion in oil 3 to 4 minutes, stirring occasionally, until onion begins to soften.
- Sprinkle beef strips with salt and pepper; add to vegetables. Cook 5 minutes, stirring occasionally, until beef is thoroughly cooked. Stir in barbecue sauce; cook and stir 1 minute. Set aside.
- Heat oven to 375°F. Spray cookie sheet with sides or 15x10x1-inch pan with cooking spray.
- In small bowl, stir Bisquick mix and water until dough forms. Divide dough into 4 pieces; roll each into a ball. Keep covered with plastic wrap until ready to use.
- On work surface sprinkled with additional Bisquick mix, roll 1 ball of dough into 6 1/2-inch round. On half of round, place 1/2 piece of cheese; top with rounded 1/3 cup beef mixture, leaving 1/2-inch border around edge.
- Brush edges with milk. Fold dough over filling and seal with tines of fork.
- Place on cookie sheet. Repeat with remaining dough, cheese and beef mixture.
- Brush egg over tops of foldovers.
- Bake 20 to 25 minutes or until golden brown.

Nutrition Facts



■ PROTEIN 40.72% ■ FAT 46.1% ■ CARBS 13.18%

Properties

Glycemic Index:33.5, Glycemic Load:0.45, Inflammation Score:-3, Nutrition Score:10.260000135588%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 181.51kcal (9.08%), Fat: 9.16g (14.09%), Saturated Fat: 3.81g (23.84%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 5.38g (1.96%), Sugar: 4.11g (4.57%), Cholesterol: 85.05mg (28.35%), Sodium: 391.04mg (17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.2g (36.39%), Selenium: 23.2µg (33.15%), Phosphorus: 226.76mg (22.68%), Vitamin B6: 0.44mg (22.02%), Zinc: 2.95mg (19.68%), Vitamin B3: 3.84mg (19.21%), Vitamin C: 12.66mg (15.34%), Vitamin B12: 0.88µg (14.64%), Calcium: 142.94mg (14.29%), Vitamin B2: 0.19mg (10.93%), Potassium: 309.2mg (8.83%), Iron: 1.32mg (7.32%), Vitamin B5: 0.68mg (6.76%), Magnesium: 23.24mg (5.81%), Vitamin A: 271.78IU (5.44%), Vitamin E: 0.79mg (5.26%), Vitamin B1: 0.07mg (4.56%), Folate: 17.3µg (4.33%), Copper: 0.08mg (4.07%), Vitamin K: 3.91µg (3.73%), Manganese: 0.07mg (3.39%), Vitamin D: 0.37µg (2.49%), Fiber: 0.51g (2.05%)