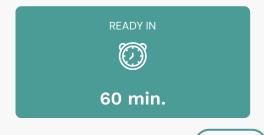


BBQ Steak Foldovers

Gluten Free



0.3 teaspoon pepper





LUNCH

MAIN COURSE

MAIN DISH

strips

DINNER

Ingredients

2 tablesp	oons barbecue sauce
0.5 lb be	ef top sirloin steaks boneless cut into 1x1/4-inch
1 eggs b	eaten
0.5 bell	pepper green cut into thin strips
2 tablesp	oons milk
2 teaspo	ons cooking oil
0.5 small	onion cut into thin strips

	2 oz provolone cheese cut in half
	0.3 teaspoon salt
	0.5 cup water boiling
	2 cups frangelico
	2 cups frangelico
Εq	juipment
	bowl
	frying pan
	baking sheet
	oven
	plastic wrap
Di	rections
	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 375F. 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

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, Isorhamnetin: 0.44mg, Isorhamnetin: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, 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: Og (100%), Alcohol %: O% (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%)