

Beef and Biscuit

 Popular

READY IN



45 min.

SERVINGS



10

CALORIES



284 kcal

Ingredients

- 10 ounce buttermilk biscuit dough refrigerated canned
- 8 ounce tomato sauce canned
- 2 teaspoons chili powder
- 1 eggs lightly beaten
- 0.5 teaspoon garlic salt
- 0.3 cup chile pepper green chopped
- 1.3 pounds ground beef lean
- 1.5 cups monterrey jack cheese shredded divided
- 0.5 cup onion chopped

0.5 cup cup heavy whipping cream sour

Equipment

frying pan

oven

pie form

Directions

Preheat oven to 375 degrees F (190 degrees C).

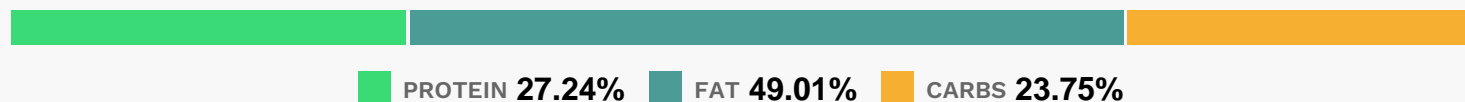
In a large skillet, brown the ground beef, onion and green chile pepper; drain. Stir in tomato sauce, chili powder ,and garlic salt. Simmer while preparing the biscuits.

Separate biscuit dough into 10 biscuits. Pull each biscuit into 2 layers. Press 10 biscuit halves on the bottom of a 9-inch pie dish to form bottom crust. Reserve the other 10 biscuit halves for the top layer.

Remove meat mixture from heat, and stir in 1/2 cup shredded cheese, sour cream, and egg; mix well. Spoon over bottom crust. Arrange remaining biscuit halves to form top crust, and spoon remaining cheese evenly over the top.

Bake in preheated oven for 25 to 30 minutes, or until biscuits are a deep golden brown color.

Nutrition Facts



Properties

Glycemic Index:16.4, Glycemic Load:9.28, Inflammation Score:-5, Nutrition Score:12.366521716118%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 284.22kcal (14.21%), Fat: 15.43g (23.74%), Saturated Fat: 6.54g (40.88%), Carbohydrates: 16.83g (5.61%), Net Carbohydrates: 15.72g (5.72%), Sugar: 2.78g (3.09%), Cholesterol: 73.68mg (24.56%), Sodium: 659.13mg (28.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.3g (38.6%), Phosphorus: 336.52mg (33.65%),

Selenium: 19.69µg (28.12%), Vitamin B12: 1.51µg (25.23%), Zinc: 3.71mg (24.71%), Vitamin B3: 4.38mg (21.88%), Vitamin B2: 0.3mg (17.66%), Calcium: 165.93mg (16.59%), Iron: 2.8mg (15.54%), Vitamin B6: 0.3mg (15.07%), Potassium: 380.72mg (10.88%), Vitamin B1: 0.16mg (10.73%), Vitamin A: 443.28IU (8.87%), Manganese: 0.16mg (8.14%), Folate: 32.16µg (8.04%), Vitamin E: 1.15mg (7.65%), Magnesium: 28.35mg (7.09%), Vitamin B5: 0.67mg (6.74%), Copper: 0.11mg (5.56%), Fiber: 1.11g (4.43%), Vitamin C: 2.74mg (3.32%), Vitamin K: 3.03µg (2.89%), Vitamin D: 0.25µg (1.64%)