



Beef and Peppers with Cheese Biscuits

READY IN



30 min.

SERVINGS



6

CALORIES



151 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 small bell pepper sliced
- 10 oz campbell's® condensed onion soup french canned
- 0.3 cup flour all-purpose
- 0.5 cup milk
- 0.5 teaspoon garlic
- 2 oz provolone cheese shredded
- 10 oz roast beef cooked sliced cut into thin strips
- 1.3 cups water
- 1.8 cups frangelico

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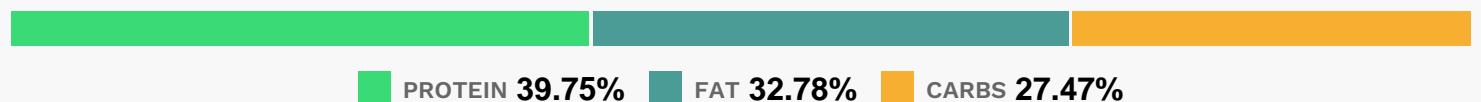
Equipment

- bowl
- baking sheet
- sauce pan
- oven
- cookie cutter

Directions

- Heat oven to 450F. In medium bowl, stir Bisquick mix, milk and cheese with fork until soft dough forms; beat 20 strokes.
- Place dough on surface generously dusted with Bisquick mix; gently roll in Bisquick mix to coat. Shape into a ball; knead 10 times.
- Roll 1/4 inch thick.
- Cut into 6 biscuits with 3-inch round cookie cutter.
- Place biscuits on ungreased cookie sheet.
- Bake 6 to 8 minutes or until golden brown.
- Meanwhile, in 2-quart saucepan, mix soup, beef, bell peppers, garlic-pepper blend and 1 cup of the water.
- Heat to boiling over medium-high heat. Reduce heat to medium-low. In small bowl, stir remaining 1/3 cup water and the flour until mixed; stir into beef mixture.
- Heat to boiling, stirring frequently, until thickened.
- Split biscuits.
- Serve beef mixture over biscuits.

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:4.58, Inflammation Score:-7, Nutrition Score:11.880000036696%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 151.14kcal (7.56%), Fat: 5.52g (8.5%), Saturated Fat: 2.96g (18.51%), Carbohydrates: 10.41g (3.47%), Net Carbohydrates: 9.32g (3.39%), Sugar: 3.59g (3.98%), Cholesterol: 37.78mg (12.59%), Sodium: 1035.13mg (45.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.07g (30.14%), Vitamin C: 52.91mg (64.14%), Calcium: 241.11mg (24.11%), Vitamin B3: 4.2mg (21%), Vitamin A: 888.43IU (17.77%), Vitamin B12: 1.05µg (17.52%), Phosphorus: 172.89mg (17.29%), Zinc: 2.21mg (14.75%), Vitamin B6: 0.29mg (14.31%), Potassium: 446.1mg (12.75%), Selenium: 7.34µg (10.48%), Vitamin B2: 0.17mg (10.12%), Iron: 1.47mg (8.19%), Folate: 29.31µg (7.33%), Vitamin B1: 0.1mg (6.85%), Magnesium: 20.08mg (5.02%), Manganese: 0.09mg (4.5%), Fiber: 1.09g (4.35%), Vitamin B5: 0.37mg (3.73%), Copper: 0.06mg (2.95%), Vitamin E: 0.43mg (2.84%), Vitamin D: 0.27µg (1.81%), Vitamin K: 1.5µg (1.43%)