



Beef and Salsa Skillet

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



387 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 16 oz salsa thick
- 15 oz kidney beans dark red undrained canned
- 7 oz corn whole undrained canned
- 8 oz tomato sauce canned
- 2 teaspoons chili powder
- 0.5 cup milk
- 2 oz monterrey jack cheese shredded

1.5 cups frangelico

Equipment

bowl

frying pan

Directions

In 12-inch skillet, cook beef over medium heat, stirring occasionally, until brown; drain. Stir in salsa, beans, corn, tomato sauce and 1 teaspoon of the chili powder.

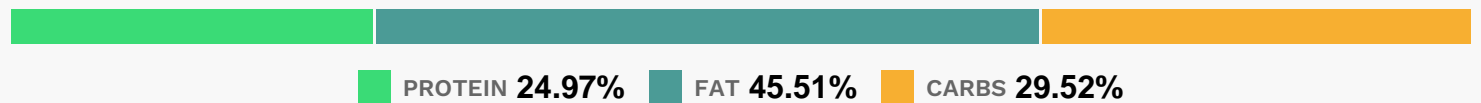
Heat to boiling; reduce heat to low.

In medium bowl, stir Bisquick mix, remaining 1 teaspoon chili powder and the milk until soft dough forms. Drop dough by 6 spoonfuls onto simmering beef mixture.

Cover; cook about 20 minutes or until dumplings are light and fluffy inside.

Sprinkle with cheese. Cover; cook about 2 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:23.55, Glycemic Load:4.44, Inflammation Score:-7, Nutrition Score:19.247391369032%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

Nutrients (% of daily need)

Calories: 386.83kcal (19.34%), Fat: 19.81g (30.48%), Saturated Fat: 8.16g (50.97%), Carbohydrates: 28.91g (9.64%), Net Carbohydrates: 21.51g (7.82%), Sugar: 5.53g (6.14%), Cholesterol: 64.53mg (21.51%), Sodium: 856.44mg (37.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.46g (48.92%), Phosphorus: 332.54mg (33.25%), Zinc: 4.64mg (30.94%), Vitamin B12: 1.81µg (30.1%), Fiber: 7.4g (29.62%), Folate: 115.33µg (28.83%), Vitamin B6: 0.53mg (26.66%), Vitamin B3: 5.19mg (25.96%), Potassium: 886.57mg (25.33%), Manganese: 0.5mg (25.16%), Iron: 4.49mg (24.93%), Selenium: 14.99µg (21.41%), Magnesium: 71.38mg (17.84%), Vitamin A: 829.82IU (16.6%), Copper: 0.33mg (16.52%), Vitamin B2: 0.28mg (16.35%), Calcium: 158.28mg (15.83%), Vitamin E: 2.09mg (13.91%), Vitamin B1: 0.2mg (13.39%), Vitamin K: 12.55µg (11.95%), Vitamin B5: 0.91mg (9.07%), Vitamin C: 5.5mg (6.67%), Vitamin D:

0.36µg (2.37%)