



Beef and Spicy Sausage Foldovers

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lb ground beef 80% lean (at least)
- ☐ 0.5 lb sausage meat italian
- ☐ 1 oz taco seasoning
- ☐ 14.5 oz canned tomatoes diced with green chiles, undrained canned
- ☐ 1 cup water boiling
- ☐ 4 oz cheddar cheese shredded
- ☐ 0.8 cup cream sour
- ☐ 0.8 cup salsa thick

- ☐ 1 sprigs cilantro leaves fresh
- ☐ 4.5 cups frangelico

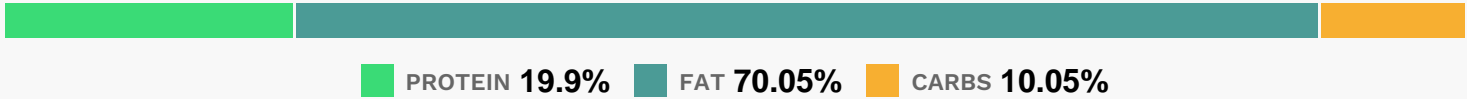
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ spatula

Directions

- ☐ Heat oven to 400°F. Grease large cookie sheet with shortening or cooking spray.
- ☐ In 10-inch skillet, cook beef and sausage over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in taco seasoning mix and tomatoes. Reduce heat to medium; cook 5 minutes, stirring occasionally.
- ☐ Meanwhile, in large bowl, stir Bisquick mix and boiling water with fork until dough forms. On surface sprinkled with Bisquick mix, roll dough in Bisquick mix to coat; knead 20 times. Divide dough into 6 balls, about 1/2 cup each.
- ☐ Roll or pat each ball into 7-inch round.
- ☐ Stir cheese into beef mixture. Spoon about 1/2 cup beef mixture onto half of each round. Moisten edge of round with water. Fold round over beef mixture; press edge with fork to seal.
- ☐ Cut 3 small slits in top of each crust to allow steam to escape. Carefully move to cookie sheet with spatula.
- ☐ Bake 20 to 22 minutes or until light golden brown.
- ☐ Serve each foldover with 2 tablespoons each sour cream and salsa.
- ☐ Garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:12.518260821052%

Flavonoids

Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 365.55kcal (18.28%), Fat: 28.7g (44.16%), Saturated Fat: 12.36g (77.26%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 7.1g (2.58%), Sugar: 4.97g (5.52%), Cholesterol: 88.97mg (29.66%), Sodium: 992.76mg (43.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.35g (36.69%), Phosphorus: 238.98mg (23.9%), Vitamin B12: 1.42µg (23.72%), Zinc: 3.23mg (21.54%), Vitamin B3: 4.28mg (21.4%), Vitamin A: 1036.41IU (20.73%), Vitamin B6: 0.39mg (19.74%), Calcium: 195.56mg (19.56%), Vitamin B2: 0.26mg (15.24%), Selenium: 9.93µg (14.19%), Iron: 2.41mg (13.39%), Potassium: 462.38mg (13.21%), Vitamin C: 9.74mg (11.8%), Vitamin B1: 0.17mg (11.52%), Fiber: 2.17g (8.68%), Vitamin E: 1.25mg (8.37%), Magnesium: 32.22mg (8.05%), Vitamin B5: 0.74mg (7.36%), Copper: 0.13mg (6.67%), Vitamin K: 6.24µg (5.94%), Manganese: 0.1mg (5.2%), Vitamin D: 0.62µg (4.16%), Folate: 14.22µg (3.55%)