



Beef Bacon Barbecue Pizza Pockets

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.7 cup water (120°F to 130°F)
- 2 tablespoons olive oil
- 0.5 cup fat-trimmed beef flank steak cooked chopped
- 8 slices bacon cooked
- 0.3 cup barbecue sauce
- 2 oz monterrey jack cheese shredded finely
- 3 cups frangelico

Equipment

- bowl
- baking sheet
- oven
- plastic wrap
- aluminum foil
- rolling pin

Directions

- Heat oven to 450°F. Line cookie sheet with foil; spray foil with cooking spray.
- In medium bowl, stir together Bisquick mix, very warm water and olive oil until Bisquick mix is moistened.
- Let stand 15 minutes.
- Knead dough slightly to form ball. Divide dough into 8 parts. Flatten and use rolling pin to roll each into circle about 1/8-inch thick.
- Place circles on cookie sheet.
- Place 1 tablespoon steak on each dough circle. Top each with 1 slice bacon, crumbled, 1/2 tablespoon barbecue sauce and 1 tablespoon cheese. Fold over, and pinch edges to seal.
- Bake 15 to 20 minutes or until golden.
- Enjoy hot, or cool completely, wrap in plastic wrap and freeze until ready to use.

Nutrition Facts

PROTEIN 21.31% **FAT 67.8%** **CARBS 10.89%**

Properties

Glycemic Index:3.38, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:3.7269565500319%

Nutrients (% of daily need)

Calories: 140.94kcal (7.05%), Fat: 10.6g (16.31%), Saturated Fat: 3.73g (23.32%), Carbohydrates: 3.83g (1.28%), Net Carbohydrates: 3.75g (1.36%), Sugar: 3g (3.34%), Cholesterol: 23.25mg (7.75%), Sodium: 277.73mg (12.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.5g (14.99%), Selenium: 8.81µg (12.58%), Phosphorus: 85.59mg (8.56%), Zinc: 1.23mg (8.22%), Vitamin B3: 1.62mg (8.12%), Vitamin B12: 0.39µg (6.52%), Calcium: 58.36mg (5.84%), Vitamin B6: 0.11mg (5.71%), Vitamin B2: 0.09mg (5.09%), Vitamin E: 0.63mg (4.18%), Vitamin B1: 0.06mg (4.06%),

Potassium: 106.06mg (3.03%), Iron: 0.46mg (2.55%), Vitamin K: 2.67µg (2.54%), Magnesium: 8.86mg (2.21%),
Vitamin A: 79.7IU (1.59%), Copper: 0.03mg (1.59%), Vitamin B5: 0.12mg (1.19%)