



## Beef & Cheese Foldover

READY IN



45 min.

SERVINGS



6

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups baking mix all-purpose
- 1 cup four cheese shredded mexican style kraft finely
- 1 cup regular corn frozen
- 1 lb ground beef
- 2 Tbsp a.1. original sauce
- 1 onion chopped
- 0.5 tsp parsley flakes
- 0.3 cup heinz tomato ketchup
- 0.5 cup water hot

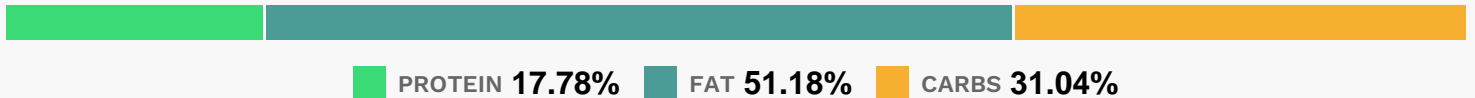
## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Heat oven to 375F.
- Brown meat with onions in large skillet; drain. Return to skillet. Stir in corn, ketchup and steak sauce; set aside.
- Add water to baking mix; stir until mixture forms dough. Shape into ball.
- Place on lightly floured surface; knead 5 times or until smooth and no longer sticky.
- Roll into 12-inch circle; transfer to baking sheet sprayed with cooking spray.
- Spoon meat mixture onto center of dough; spread to within 2 inches of edge. Fold edge of dough over meat, leaving center uncovered.
- Bake 20 min. Top filling with cheese; bake 5 min. or until melted.
- Sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:9, Glycemic Load:0.5, Inflammation Score:-5, Nutrition Score:15.867826016053%

## Flavonoids

Apigenin: 1.88mg, Apigenin: 1.88mg, Apigenin: 1.88mg, Apigenin: 1.88mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

## Nutrients (% of daily need)

Calories: 490.67kcal (24.53%), Fat: 27.93g (42.97%), Saturated Fat: 11.05g (69.03%), Carbohydrates: 38.13g (12.71%), Net Carbohydrates: 36.17g (13.15%), Sugar: 8.79g (9.76%), Cholesterol: 73.31mg (24.44%), Sodium: 838.2mg (36.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.83g (43.66%), Phosphorus: 471.73mg (47.17%), Vitamin B12: 1.97µg (32.89%), Zinc: 4.34mg (28.91%), Selenium: 20.06µg (28.65%), Vitamin B3: 5.65mg (28.26%), Vitamin B2: 0.42mg (24.5%), Calcium: 226.24mg (22.62%), Vitamin B1: 0.31mg (20.39%), Vitamin B6: 0.38mg (18.75%), Folate: 74.71µg (18.68%), Iron: 2.87mg (15.97%), Potassium: 420.65mg (12.02%), Manganese: 0.23mg (11.33%), Magnesium: 40.23mg (10.06%), Vitamin B5: 0.92mg (9.19%), Fiber: 1.96g (7.85%), Copper: 0.15mg (7.35%), Vitamin K: 5.35µg (5.1%), Vitamin A: 243.88IU (4.88%), Vitamin C: 3.92mg (4.75%), Vitamin E: 0.66mg (4.38%), Vitamin D: 0.19µg (1.26%)