



Beef Taco Foldovers

READY IN



35 min.

SERVINGS



5

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.2 oz grands flaky refrigerator biscuits refrigerated pillsbury® canned
- ☐ 0.5 cup black beans drained (from 15-oz can)
- ☐ 8 oz tomato sauce canned
- ☐ 0.5 lb ground beef 80% lean (at least)
- ☐ 0.3 cup onion chopped
- ☐ 5 tablespoons salsa old el paso®
- ☐ 4 oz cheddar cheese shredded
- ☐ 5 tablespoons cream sour
- ☐ 1 tablespoon taco seasoning old el paso® (from 1 oz package)

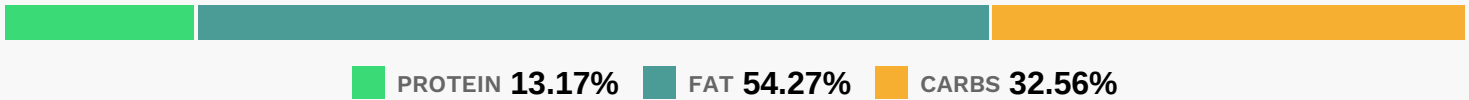
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375°F. In 10-inch skillet, cook beef and onion over medium-high heat until beef is brown; drain. Stir in beans, tomato sauce and seasoning mix. Simmer 3 to 5 minutes, stirring occasionally, until liquid is absorbed.
- ☐ Separate dough into 5 biscuits. Press or roll each to form 5-inch round. Spoon 1/2 cup meat mixture onto center of each flattened biscuit.
- ☐ Sprinkle cheese evenly onto biscuits. Fold half of biscuit over filling; press edges with fork to seal.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake 12 to 15 minutes or until golden brown. Top with salsa, sour cream and green onions.
- ☐ Garnish with lettuce.

Nutrition Facts



Properties

Glycemic Index:38.6, Glycemic Load:25, Inflammation Score:-6, Nutrition Score:15.760869544485%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 571.14kcal (28.56%), Fat: 34.53g (53.12%), Saturated Fat: 13.78g (86.13%), Carbohydrates: 46.6g (15.53%), Net Carbohydrates: 43.15g (15.69%), Sugar: 15.63g (17.37%), Cholesterol: 61.96mg (20.65%), Sodium: 747.38mg (32.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.86g (37.72%), Phosphorus: 266.6mg (26.66%), Selenium: 17.91µg (25.59%), Vitamin B2: 0.42mg (24.46%), Vitamin B3: 4.56mg (22.81%), Zinc: 3.39mg (22.6%),

Folate: 87.37µg (21.84%), Vitamin B12: 1.24µg (20.6%), Calcium: 205.46mg (20.55%), Manganese: 0.41mg (20.45%), Iron: 3.56mg (19.79%), Vitamin B1: 0.29mg (19.65%), Vitamin E: 2.66mg (17.75%), Vitamin B6: 0.3mg (15.11%), Fiber: 3.45g (13.79%), Vitamin A: 673.05IU (13.46%), Potassium: 454.56mg (12.99%), Magnesium: 45.18mg (11.29%), Copper: 0.19mg (9.55%), Vitamin K: 9.88µg (9.41%), Vitamin B5: 0.76mg (7.6%), Vitamin C: 4.4mg (5.34%), Vitamin D: 0.18µg (1.21%)