



Big-Batch Cheeseburger Bake

 Gluten Free

READY IN



55 min.

SERVINGS



16

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 lb ground beef 80% (at least)
- 1.3 cups onion chopped (2 large)
- 10.8 oz condensed cream of cheddar cheese soup canned
- 1.3 cups savory vegetable mixed frozen
- 0.5 cup milk
- 0.7 cup water
- 5 oz cheddar cheese shredded
- 2.3 cups frangelico

Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 375°F. Generously spray bottom and sides of 15x10x1-inch pan with cooking spray. In 12-inch skillet, cook beef and onions over medium heat, stirring occasionally, until beef is thoroughly cooked; drain. Stir in soup, vegetables and milk.
- In large bowl, stir Bisquick mix and water until moistened.
- Spread evenly in pan.
- Spread beef mixture over batter.
- Sprinkle with cheese.
- Bake uncovered 35 minutes.

Nutrition Facts

PROTEIN 23.8% **FAT 64.13%** **CARBS 12.07%**

Properties

Glycemic Index:8.56, Glycemic Load:1.06, Inflammation Score:-6, Nutrition Score:6.679565237916%

Flavonoids

Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 178.26kcal (8.91%), Fat: 12.61g (19.41%), Saturated Fat: 5.43g (33.95%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 4.41g (1.6%), Sugar: 1.23g (1.37%), Cholesterol: 40.73mg (13.58%), Sodium: 196.81mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.53g (21.07%), Vitamin A: 900.16IU (18%), Vitamin B12: 1.05µg (17.42%), Zinc: 2.22mg (14.8%), Selenium: 9.15µg (13.07%), Phosphorus: 127.48mg (12.75%), Vitamin B3: 2mg (10.01%), Calcium: 92.49mg (9.25%), Vitamin B6: 0.18mg (8.84%), Potassium: 267.56mg (7.64%), Vitamin B2: 0.13mg (7.53%), Iron: 1mg (5.56%), Magnesium: 15.3mg (3.82%), Fiber: 0.93g (3.73%), Vitamin B1: 0.05mg (3.21%),

Vitamin B5: 0.32mg (3.17%), Vitamin C: 2.4mg (2.91%), Folate: 11.34µg (2.83%), Manganese: 0.06mg (2.81%), Copper: 0.05mg (2.43%), Vitamin E: 0.25mg (1.65%), Vitamin D: 0.18µg (1.2%)