



Biscuit Taco Cups

READY IN



45 min.

SERVINGS



8

CALORIES



857 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large avocado pitted peeled chopped
- 16.3 oz grands flaky refrigerator biscuits refrigerated canned
- 15.5 oz chili beans sauce undrained canned
- 8 servings corn chips
- 0.5 cup lettuce shredded
- 1.5 lb ground beef 80% lean (at least)
- 0.5 cup salsa
- 4 oz cheddar cheese shredded
- 0.5 cup cream sour

- 1 oz taco seasoning 40%
- 0.5 cup tomatoes chopped
- 0.5 cup water

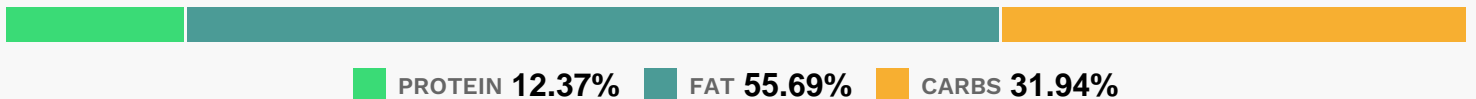
Equipment

- frying pan
- oven

Directions

- Heat oven to 375F. In 12-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain.
- Add beans, taco seasoning mix and water; mix well.
- Heat to boiling; reduce heat to medium. Simmer 8 to 10 minutes, stirring occasionally, until slightly thickened.
- Meanwhile, spray outside bottoms and sides of 8 (6-oz) custard cups with cooking spray. Separate dough into 8 biscuits. Press or roll each biscuit into 4 1/2-inch round. Press 1 round to fit over outside of each cup.
- Place cups upside down on 17x12-inch half-sheet pan.
- Bake 15 to 16 minutes or until deep golden brown.
- Remove biscuit cups from custard cups.
- Place on plates. Spoon beef mixture into biscuit cups. Top with cheese, lettuce, tomato, sour cream, salsa, corn chips and avocado.

Nutrition Facts



Properties

Glycemic Index:25.13, Glycemic Load:23.5, Inflammation Score:-7, Nutrition Score:23.448695841043%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 857.3kcal (42.86%), Fat: 53.4g (82.16%), Saturated Fat: 17.21g (107.57%), Carbohydrates: 68.92g (22.97%), Net Carbohydrates: 61.93g (22.52%), Sugar: 17.76g (19.73%), Cholesterol: 83.04mg (27.68%), Sodium: 1296.1mg (56.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.69g (53.38%), Phosphorus: 408.65mg (40.87%), Zinc: 6.08mg (40.55%), Selenium: 23.98µg (34.25%), Vitamin B12: 2.01µg (33.43%), Vitamin B3: 6.62mg (33.12%), Vitamin E: 4.84mg (32.24%), Vitamin B2: 0.54mg (31.7%), Vitamin B6: 0.63mg (31.45%), Iron: 5.25mg (29.17%), Fiber: 6.99g (27.94%), Folate: 96.8µg (24.2%), Potassium: 789.03mg (22.54%), Manganese: 0.45mg (22.53%), Magnesium: 83.9mg (20.97%), Vitamin B1: 0.31mg (20.69%), Calcium: 202.97mg (20.3%), Vitamin K: 18.2µg (17.34%), Copper: 0.35mg (17.26%), Vitamin A: 835.13IU (16.7%), Vitamin B5: 1.26mg (12.6%), Vitamin C: 6.88mg (8.34%), Vitamin D: 0.17µg (1.13%)