



Biscuit-Topped Beef and Corn Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



313 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.7 cup milk
- 2 tablespoons pimientos green sliced
- 1 lb ground beef 80% lean (at least)
- 0.5 cup onion chopped
- 1.5 teaspoons garlic minced (from 4.5-oz jar)
- 14.5 oz tomatoes diced with roasted garlic and onion, undrained canned
- 14.8 oz corn cream-style undrained canned
- 1 teaspoon chili powder

- 2 oz cheddar cheese shredded
- 2.3 cups frangelico

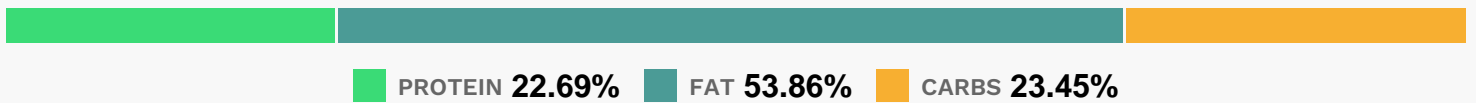
Equipment

- bowl
- frying pan
- oven
- glass baking pan

Directions

- Heat oven to 400°F. In large bowl, stir Bisquick mix, milk and olives until soft dough forms.
- In 12-inch skillet, cook beef, onion and garlic over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked; drain. Stir in tomatoes, corn and chili powder.
- Heat to boiling.
- Pour in ungreased 11x7-inch (2-quart) glass baking dish. Drop biscuit dough by tablespoonfuls over mixture.
- Bake 20 minutes.
- Sprinkle cheese over biscuits; bake 5 to 10 minutes longer or until biscuits are lightly browned and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:0.91, Inflammation Score:-5, Nutrition Score:13.332608679067%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 312.73kcal (15.64%), Fat: 19.15g (29.45%), Saturated Fat: 7.99g (49.91%), Carbohydrates: 18.76g (6.25%), Net Carbohydrates: 16.76g (6.1%), Sugar: 6.06g (6.74%), Cholesterol: 65.91mg (21.97%), Sodium: 405.16mg (17.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.14g (36.29%), Vitamin B12: 1.88µg (31.34%), Zinc: 4.08mg (27.19%), Phosphorus: 243.84mg (24.38%), Vitamin B3: 4.49mg (22.44%), Vitamin B6: 0.43mg (21.59%), Selenium: 13.87µg (19.82%), Vitamin C: 15.65mg (18.97%), Vitamin B2: 0.27mg (15.6%), Iron: 2.65mg (14.74%), Potassium: 513.63mg (14.68%), Calcium: 138.43mg (13.84%), Folate: 44.97µg (11.24%), Magnesium: 40.22mg (10.05%), Vitamin A: 469.84IU (9.4%), Fiber: 1.99g (7.98%), Manganese: 0.15mg (7.54%), Vitamin B5: 0.73mg (7.35%), Copper: 0.15mg (7.3%), Vitamin B1: 0.11mg (7.13%), Vitamin E: 1.03mg (6.89%), Vitamin K: 4.59µg (4.37%), Vitamin D: 0.42µg (2.81%)