



## Biscuit-Topped Beef and Corn Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



315 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

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

- 2 oz cheddar cheese shredded
- 2.3 cups frangelico
- 2.3 cups frangelico

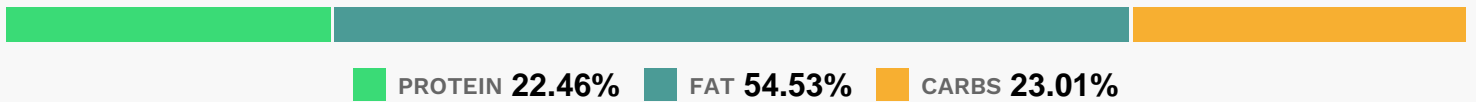
## Equipment

- bowl
- frying pan
- oven
- glass baking pan

## Directions

- Heat oven to 400F. 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:15.83, Glycemic Load:0.83, Inflammation Score:-5, Nutrition Score:12.854782705722%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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,

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## Nutrients (% of daily need)

Calories: 315.2kcal (15.76%), Fat: 19.53g (30.05%), Saturated Fat: 8.04g (50.24%), Carbohydrates: 18.55g (6.18%), Net Carbohydrates: 16.58g (6.03%), Sugar: 5.91g (6.57%), Cholesterol: 65.91mg (21.97%), Sodium: 445.91mg (19.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.1g (36.21%), Vitamin B12: 1.88µg (31.34%), Zinc: 4.07mg (27.12%), Phosphorus: 242.9mg (24.29%), Vitamin B3: 4.46mg (22.29%), Vitamin B6: 0.42mg (20.98%), Selenium: 13.88µg (19.84%), Vitamin B2: 0.26mg (15.39%), Potassium: 505.1mg (14.43%), Iron: 2.56mg (14.24%), Calcium: 139.47mg (13.95%), Vitamin C: 10.45mg (12.67%), Folate: 44.7µg (11.17%), Magnesium: 40.16mg (10.04%), Fiber: 1.97g (7.87%), Vitamin B5: 0.73mg (7.35%), Manganese: 0.15mg (7.31%), Copper: 0.15mg (7.31%), Vitamin E: 1.09mg (7.29%), Vitamin B1: 0.11mg (7.1%), Vitamin A: 347.57IU (6.95%), Vitamin K: 4.12µg (3.92%), Vitamin D: 0.42µg (2.81%)