



Biscuit-Topped Tomato-Beef Bake

READY IN



60 min.

SERVINGS



8

CALORIES



268 kcal

Ingredients

- 1.5 cups baking mix all-purpose
- 10 oz condensed tomato soup canned
- 1 eggs
- 4 green onions chopped
- 1 lb ground beef lean
- 0.8 cup milk
- 1 onion chopped
- 1 cup mozzarella cheese shredded kraft

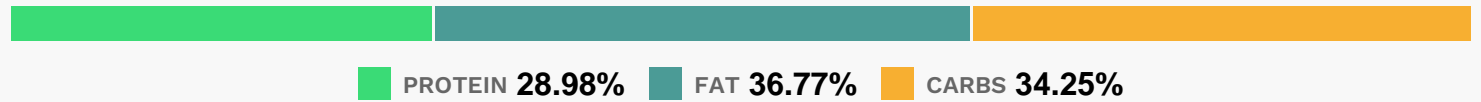
Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

Directions

- Heat oven to 400F.
- Brown meat in large nonstick skillet on medium-high heat; drain. Return meat to skillet.
- Add onions; cook and stir 5 min. Stir in soup. Spoon into 2-qt. baking dish sprayed with cooking spray.
- Whisk egg and milk in medium bowl until blended. Stir in cheese and onions.
- Add baking mix; stir just until moistened. Drop by spoonfuls over meat mixture.
- Bake 35 min. or until biscuit topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:20.06, Glycemic Load:2.69, Inflammation Score:-5, Nutrition Score:13.461304291435%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 268.38kcal (13.42%), Fat: 10.87g (16.72%), Saturated Fat: 4.66g (29.1%), Carbohydrates: 22.78g (7.59%), Net Carbohydrates: 21.52g (7.83%), Sugar: 7.53g (8.36%), Cholesterol: 69.87mg (23.29%), Sodium: 563.91mg (24.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.26g (38.53%), Phosphorus: 344.64mg (34.46%), Vitamin B12: 1.85µg (30.82%), Zinc: 3.71mg (24.7%), Selenium: 17.22µg (24.61%), Vitamin B3: 4.53mg (22.66%), Vitamin B2: 0.3mg (17.63%), Calcium: 159.38mg (15.94%), Vitamin B6: 0.32mg (15.92%), Vitamin K: 15.65µg (14.9%), Potassium: 521.19mg (14.89%), Iron: 2.46mg (13.65%), Vitamin B1: 0.2mg (13.09%), Folate: 40.98µg (10.24%), Manganese: 0.17mg (8.25%), Vitamin C: 6.78mg (8.22%), Magnesium: 31.84mg (7.96%), Vitamin B5: 0.77mg (7.74%),

Vitamin A: 361.31IU (7.23%), Copper: 0.11mg (5.6%), Fiber: 1.25g (5.01%), Vitamin D: 0.47µg (3.16%), Vitamin E: 0.44mg (2.93%)