



Cheeseburger Pockets

 Dairy Free

READY IN



40 min.

SERVINGS



5

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound ground beef
- 1 tablespoon onion chopped
- 0.5 teaspoon salt
- 0.1 teaspoon pepper
- 12 ounces biscuits refrigerated
- 5 slices processed cheese food

Equipment

- frying pan

baking sheet

oven

Directions

Preheat oven to 400°. In a large skillet, cook beef, onion, salt and pepper over medium heat, crumbling beef, until meat is no longer pink; drain and cool.

Place 2 biscuits overlapping on a floured surface; roll out into a 5-in. oval.

Place about 1/4 cup of meat mixture on 1 side of oval. Fold a cheese slice to fit over meat mixture. Fold dough over filling; press edges with a fork to seal. Repeat with remaining biscuits, meat mixture and cheese.

Place on a greased baking sheet. Prick tops with a fork.

Bake 10 minutes or until golden brown.

Nutrition Facts



PROTEIN 14.33% **FAT 54.91%** **CARBS 30.76%**

Properties

Glycemic Index:30.2, Glycemic Load:21.13, Inflammation Score:-4, Nutrition Score:13.652608770391%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 442.39kcal (22.12%), Fat: 26.98g (41.5%), Saturated Fat: 8.97g (56.05%), Carbohydrates: 33.99g (11.33%), Net Carbohydrates: 33.06g (12.02%), Sugar: 2.93g (3.25%), Cholesterol: 53.89mg (17.96%), Sodium: 1254.86mg (54.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.84g (31.68%), Phosphorus: 499.5mg (49.95%), Selenium: 23.85µg (34.07%), Calcium: 261.78mg (26.18%), Vitamin B12: 1.38µg (23.02%), Vitamin B3: 4.22mg (21.08%), Vitamin B1: 0.31mg (20.94%), Vitamin B2: 0.32mg (18.56%), Zinc: 2.75mg (18.33%), Iron: 3.27mg (18.16%), Manganese: 0.29mg (14.47%), Folate: 52.87µg (13.22%), Vitamin B6: 0.19mg (9.62%), Potassium: 306.23mg (8.75%), Vitamin E: 1.25mg (8.35%), Magnesium: 25.03mg (6.26%), Vitamin B5: 0.52mg (5.2%), Copper: 0.1mg (4.77%), Vitamin K: 4.24µg (4.04%), Vitamin A: 200.12IU (4%), Fiber: 0.93g (3.72%), Vitamin D: 0.17µg (1.14%)