



## Cheesy Biscuit Bean and Beef Casserole

READY IN



35 min.

SERVINGS



6

CALORIES



880 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 21 oz brown sugar with bacon and brown sugar sauce, undrained canned
- 0.5 cup barbecue sauce
- 10.2 oz biscuits refrigerated separated cut into 6 pieces canned
- 15.8 oz great northern beans rinsed drained canned
- 16 oz kidney beans rinsed drained canned
- 0.5 lb ground beef 80% lean (at least )
- 0.5 cup onion chopped
- 2 oz cheddar cheese shredded finely

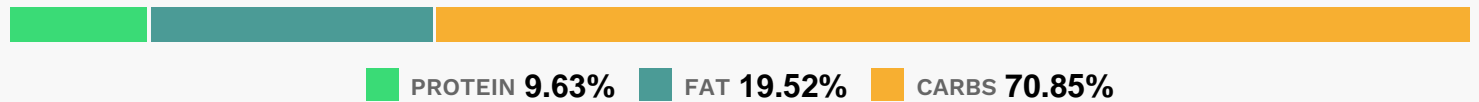
## Equipment

- frying pan
- oven
- baking pan
- glass baking pan

## Directions

- Heat oven to 350F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray.
- In 12-inch nonstick skillet, cook beef and onion over medium heat 4 to 6 minutes, stirring occasionally, until beef is thoroughly cooked; drain. Stir in baked beans, kidney beans, great northern beans and barbecue sauce.
- Heat to boiling, stirring occasionally.
- Pour into baking dish. Immediately top hot mixture with biscuit pieces.
- Sprinkle with cheese.
- Bake 18 to 20 minutes or until biscuits are golden brown and baked through.

## Nutrition Facts



## Properties

Glycemic Index:28.5, Glycemic Load:18.87, Inflammation Score:-6, Nutrition Score:20.258695804554%

## Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

## Nutrients (% of daily need)

Calories: 880.19kcal (44.01%), Fat: 19.45g (29.93%), Saturated Fat: 6.08g (37.97%), Carbohydrates: 158.82g (52.94%), Net Carbohydrates: 150.08g (54.58%), Sugar: 107.83g (119.81%), Cholesterol: 36.77mg (12.26%), Sodium: 1011.43mg (43.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.59g (43.18%), Phosphorus: 504.5mg (50.45%), Manganese: 0.83mg (41.45%), Fiber: 8.73g (34.93%), Selenium: 22.86µg (32.66%), Folate: 122.49µg

(30.62%), Iron: 5.34mg (29.67%), Vitamin B1: 0.42mg (28.22%), Potassium: 882.61mg (25.22%), Calcium: 252.01mg (25.2%), Magnesium: 91.29mg (22.82%), Zinc: 3.21mg (21.37%), Vitamin B3: 4.2mg (21.01%), Vitamin B2: 0.35mg (20.63%), Copper: 0.37mg (18.29%), Vitamin B6: 0.37mg (18.27%), Vitamin B12: 0.98µg (16.28%), Vitamin B5: 0.87mg (8.66%), Vitamin E: 1.07mg (7.14%), Vitamin K: 6.47µg (6.16%), Vitamin C: 2.7mg (3.28%), Vitamin A: 149.3IU (2.99%)