

# Cheesy Ground Beef & Biscuit Bake

 Dairy Free

READY IN



50 min.

SERVINGS



50

CALORIES



58 kcal

## Ingredients

- 16.3 oz flaky buttermilk biscuits refrigerated canned
- 1 lb ground beef
- 1 cup taco bellâ® & chunky mild salsa thick
- 8 oz velveetaâ® divided
- 8 oz velveetaâ® divided

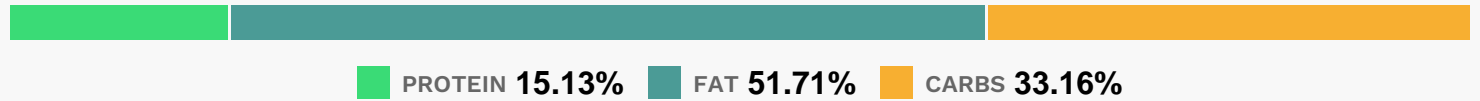
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Heat oven to 350F.
- Brown meat in large skillet; drain. Separate dough into biscuits; cut each into quarters.
- Combine with meat, salsa and half of the VELVEETA.
- Spoon into 13x9-inch baking pan sprayed with cooking spray.
- Bake 40 min. Top with remaining VELVEETA; bake until VELVEETA begins to melt.

## Nutrition Facts



## Properties

Glycemic Index:1.3, Glycemic Load:2.84, Inflammation Score:-1, Nutrition Score:1.8852174043979%

## Nutrients (% of daily need)

Calories: 58.28kcal (2.91%), Fat: 3.35g (5.15%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 4.83g (1.61%), Net Carbohydrates: 4.62g (1.68%), Sugar: 0.52g (0.58%), Cholesterol: 6.53mg (2.18%), Sodium: 127.25mg (5.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.41%), Phosphorus: 55.74mg (5.57%), Selenium: 3.15µg (4.49%), Vitamin B3: 0.75mg (3.76%), Vitamin B12: 0.21µg (3.45%), Vitamin B1: 0.05mg (3.01%), Zinc: 0.43mg (2.89%), Iron: 0.5mg (2.79%), Vitamin B2: 0.04mg (2.48%), Manganese: 0.04mg (2.15%), Vitamin B6: 0.04mg (2.14%), Folate: 7.31µg (1.83%), Potassium: 58.61mg (1.67%), Vitamin E: 0.22mg (1.48%)