



## Cheesy Italian Beef Bake

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 pounds ground beef lean
- 26 ounces pasta sauce (any variety)
- 8 ounces cream cheese softened
- 0.3 cup cream sour
- 2 cups parmesan shredded
- 0.8 teaspoon seasoning italian
- 1.5 cups milk
- 2 cups frangelico

## Equipment

- bowl
- oven
- baking pan

## Directions

- Heat oven to 375°F. Spray rectangular baking dish, 13x9x2 inches, with cooking spray. Cook beef in 10-inch skillet over medium-high heat 5 to 7 minutes, stirring occasionally, until brown; drain. Stir in pasta sauce.
- Mix cream cheese, sour cream, 1/2 cup of the Parmesan cheese and 1/4 teaspoon of the Italian seasoning in small bowl until smooth and creamy.
- Spoon half of the beef mixture (about 2 cups) into baking dish. Drop spoonfuls of cream cheese mixture evenly onto beef mixture. Spoon remaining beef mixture over cream cheese mixture.
- Stir 1 cup of the Parmesan cheese, the Bisquick mix and milk in medium bowl until blended.
- Pour over beef mixture.
- Bake uncovered 30 to 35 minutes or until light golden brown.
- Sprinkle with remaining 1/2 cup Parmesan cheese and 1/2 teaspoon Italian seasoning.
- Bake 5 minutes longer.
- Let stand at least 10 minutes before cutting.

## Nutrition Facts

 **PROTEIN 33.11%**  **FAT 56.49%**  **CARBS 10.4%**

## Properties

Glycemic Index:17.75, Glycemic Load:3.03, Inflammation Score:-7, Nutrition Score:18.697391199029%

## Nutrients (% of daily need)

Calories: 382.77kcal (19.14%), Fat: 24.07g (37.03%), Saturated Fat: 13.6g (85.01%), Carbohydrates: 9.97g (3.32%), Net Carbohydrates: 8.51g (3.09%), Sugar: 7.08g (7.87%), Cholesterol: 109.51mg (36.5%), Sodium: 1002.78mg (43.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.75g (63.49%), Phosphorus: 450.88mg (45.09%),

Vitamin B12: 2.53µg (42.24%), Calcium: 413mg (41.3%), Zinc: 5.59mg (37.23%), Selenium: 24.65µg (35.21%), Vitamin B3: 5.74mg (28.72%), Vitamin B2: 0.43mg (25.01%), Vitamin B6: 0.5mg (24.81%), Vitamin A: 1111.94IU (22.24%), Potassium: 711.3mg (20.32%), Iron: 3.22mg (17.89%), Magnesium: 53.04mg (13.26%), Vitamin B5: 1.31mg (13.1%), Vitamin E: 1.96mg (13.05%), Copper: 0.19mg (9.4%), Vitamin C: 6.54mg (7.93%), Vitamin B1: 0.1mg (6.74%), Manganese: 0.13mg (6.37%), Fiber: 1.46g (5.85%), Vitamin K: 5.3µg (5.05%), Vitamin D: 0.71µg (4.76%), Folate: 17.87µg (4.47%)