



## Cheesy Tomato-Beef Bake

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



253 kcal

SIDE DISH

### Ingredients

- 1 lb ground beef 80% lean (at least )
- 1 teaspoon chili powder
- 1 cup cream sour
- 0.7 cup salad dressing
- 4 oz sharp cheddar cheese shredded
- 2 tablespoons onion finely chopped
- 0.5 cup water cold
- 2 medium tomatoes thinly sliced

- 0.8 cup bell pepper green chopped
- 2 cups frangelico

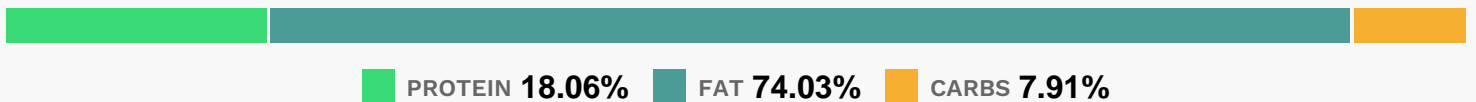
## Equipment

- bowl
- frying pan
- oven

## Directions

- Heat oven to 375°F. Spray 13x9-inch pan with cooking spray. In 10-inch skillet, cook beef and chili powder over medium-high heat 6 to 8 minutes, stirring occasionally, until thoroughly cooked; drain. Set aside.
- In small bowl, mix sour cream, mayonnaise, cheese and onion; set aside.
- In medium bowl, stir Bisquick mix and cold water with fork until soft dough forms. Using fingers dipped in Bisquick mix, press dough in bottom and 1/2 inch up sides of pan.
- Layer beef, tomatoes and bell pepper on dough. Spoon sour cream mixture over top; spread evenly over vegetables to cover.
- Bake uncovered 25 to 30 minutes or until edges of dough are light brown.

## Nutrition Facts



## Properties

Glycemic Index:10.2, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:8.430869486021%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

## Nutrients (% of daily need)

Calories: 252.65kcal (12.63%), Fat: 20.79g (31.99%), Saturated Fat: 8.46g (52.89%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 4.41g (1.6%), Sugar: 3.53g (3.92%), Cholesterol: 57.11mg (19.04%), Sodium: 272.77mg (11.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.42g (22.83%), Vitamin B12: 1.14µg (18.99%), Zinc: 2.47mg (16.46%), Selenium: 11.23µg (16.04%), Vitamin C: 12.77mg (15.48%), Phosphorus: 152.75mg (15.28%), Vitamin K: 13.2µg (12.57%), Calcium: 118.66mg (11.87%), Vitamin A: 568.16IU (11.36%), Vitamin B6: 0.23mg (11.25%), Vitamin B3: 2.19mg (10.95%), Vitamin B2: 0.17mg (9.76%), Potassium: 257.79mg (7.37%), Vitamin E: 0.95mg (6.35%), Iron: 1.1mg (6.1%), Magnesium: 18.3mg (4.57%), Vitamin B5: 0.39mg (3.89%), Copper: 0.07mg (3.25%), Vitamin B1: 0.05mg (3.16%), Folate: 12.18µg (3.05%), Manganese: 0.06mg (3.04%), Fiber: 0.59g (2.36%)