



## Deep-Dish Taco Squares

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



269 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.5 lb ground beef 80% lean (at least )
- ☐ 0.3 cup onion chopped (1 small)
- ☐ 6.3 oz taco seasoning
- ☐ 0.3 cup water cold
- ☐ 0.5 cup cream sour
- ☐ 0.3 cup salad dressing
- ☐ 2 oz sharp cheddar cheese shredded
- ☐ 0.8 cup tomatoes chopped

- ☐ 4 oz chilis green chopped canned
- ☐ 1 cup frangelico

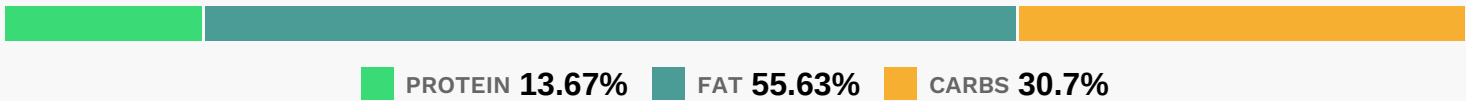
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

## Directions

- ☐ Heat oven to 375°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. In 8-inch skillet, cook beef and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in taco seasoning mix until blended.
- ☐ In medium bowl, stir Bisquick mix and water until soft dough forms. Using fingers dipped in Bisquick mix, pat dough in bottom and 1/2 inch up sides of baking dish.
- ☐ In same bowl, mix sour cream, mayonnaise and cheese until blended.
- ☐ Layer beef mixture, tomato and chiles over dough; spoon sour cream mixture over top.
- ☐ Bake 25 to 30 minutes or until edges of dough are light golden brown.

## Nutrition Facts



## Properties

Glycemic Index:15.33, Glycemic Load:0.39, Inflammation Score:-9, Nutrition Score:11.603043468102%

## Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

## Nutrients (% of daily need)

Calories: 269.36kcal (13.47%), Fat: 17.34g (26.68%), Saturated Fat: 7.05g (44.06%), Carbohydrates: 21.54g (7.18%), Net Carbohydrates: 15.33g (5.57%), Sugar: 8.41g (9.34%), Cholesterol: 47.6mg (15.87%), Sodium: 2681.97mg (116.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.17%), Vitamin A: 3168.17IU (63.36%), Vitamin C: 23.02mg (27.91%), Fiber: 6.21g (24.84%), Iron: 3.1mg (17.25%), Vitamin B12: 0.95µg (15.82%), Zinc: 2.06mg (13.73%), Selenium: 9.4µg (13.44%), Phosphorus: 128.01mg (12.8%), Calcium: 105.17mg (10.52%), Vitamin K: 10µg (9.53%), Vitamin B6: 0.19mg (9.52%), Vitamin B3: 1.87mg (9.37%), Vitamin B2: 0.14mg (8.28%), Potassium: 219.49mg (6.27%), Folate: 20.05µg (5.01%), Vitamin E: 0.69mg (4.58%), Magnesium: 15.12mg (3.78%), Vitamin B5: 0.33mg (3.34%), Vitamin B1: 0.04mg (2.49%), Copper: 0.05mg (2.36%), Manganese: 0.04mg (2.04%)