



## Deluxe Cheeseburger Melt

 Gluten Free

READY IN



43 min.

SERVINGS



8

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 10.8 ounces cream of mushroom soup canned
- ☐ 2 eggs
- ☐ 1 cup savory vegetable mixed frozen
- ☐ 1 pound ground beef
- ☐ 6 ounces cheddar cheese shredded
- ☐ 0.3 cup water
- ☐ 1.3 cups frangelico
- ☐ 1.3 cups frangelico

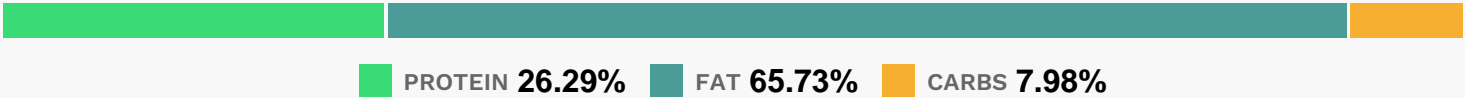
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

## Directions

- ☐ Heat oven to 400F. Spray 13x9-inch pan with cooking spray. Stir Bisquick mix, water, eggs and 1 cup of the cheese in medium bowl; spread in pan.
- ☐ Cook beef in 10-inch skillet over medium-high heat 5 to 7 minutes, stirring occasionally, until brown; drain. Stir in soup and vegetables; heat until hot.
- ☐ Spread over batter in pan.
- ☐ Bake 23 to 25 minutes or until edges are light golden brown.
- ☐ Sprinkle with remaining 1/2 cup cheese.
- ☐ Bake 1 to 3 minutes longer or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:9, Glycemic Load:1.11, Inflammation Score:-7, Nutrition Score:11.428695678711%

## Nutrients (% of daily need)

Calories: 284.29kcal (14.21%), Fat: 20.65g (31.77%), Saturated Fat: 9.26g (57.85%), Carbohydrates: 5.64g (1.88%), Net Carbohydrates: 4.65g (1.69%), Sugar: 0.11g (0.12%), Cholesterol: 104.34mg (34.78%), Sodium: 473.82mg (20.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.59g (37.17%), Vitamin A: 1427.69IU (28.55%), Vitamin B12: 1.6µg (26.63%), Selenium: 17.99µg (25.7%), Zinc: 3.81mg (25.43%), Phosphorus: 233.22mg (23.32%), Calcium: 174.12mg (17.41%), Vitamin B2: 0.27mg (15.89%), Vitamin B3: 3.04mg (15.22%), Vitamin B6: 0.25mg (12.68%), Iron: 1.81mg (10.05%), Manganese: 0.18mg (9.03%), Potassium: 280.87mg (8.02%), Copper: 0.15mg (7.4%), Vitamin B5: 0.65mg (6.51%), Magnesium: 24.9mg (6.23%), Folate: 22.87µg (5.72%), Vitamin B1: 0.07mg (4.69%), Fiber: 0.99g (3.94%), Vitamin E: 0.51mg (3.38%), Vitamin C: 2.37mg (2.87%), Vitamin D: 0.4µg (2.7%), Vitamin K: 1.56µg (1.49%)