



Deluxe Cheeseburger Melt (lighter)

READY IN



45 min.

SERVINGS



8

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups baking mix bisquick heart smart®
- 0.3 cup water
- 0.5 cup eggs fat-free
- 6 oz cheddar cheese shredded reduced-fat
- 1 lb ground beef 90% (at least)
- 10.8 oz cream of mushroom soup fat-free 98% canned
- 1 cup savory vegetable mixed frozen

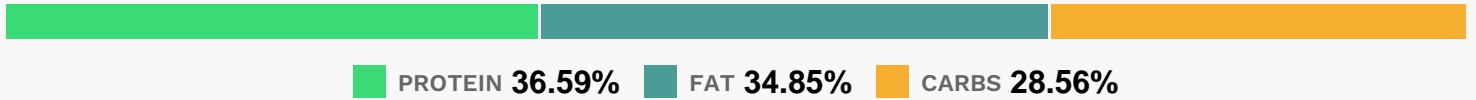
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 400°F. Spray 13x9-inch pan with cooking spray. In medium bowl, stir together Bisquick® mix, water, egg product and 1 cup of the cheese; spread in pan.
- In 10-inch skillet, cook beef 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:5.63, Glycemic Load:0.97, Inflammation Score:-7, Nutrition Score:14.043478157209%

Nutrients (% of daily need)

Calories: 259.58kcal (12.98%), Fat: 9.88g (15.2%), Saturated Fat: 3.95g (24.67%), Carbohydrates: 18.22g (6.07%), Net Carbohydrates: 16.81g (6.11%), Sugar: 2.5g (2.77%), Cholesterol: 98.42mg (32.81%), Sodium: 725.47mg (31.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.34g (46.68%), Phosphorus: 386.71mg (38.67%), Vitamin B12: 1.65µg (27.47%), Selenium: 19.2µg (27.43%), Zinc: 4.11mg (27.41%), Vitamin A: 1282.07IU (25.64%), Vitamin B3: 4.67mg (23.37%), Vitamin B2: 0.34mg (19.84%), Vitamin B6: 0.31mg (15.5%), Iron: 2.74mg (15.23%), Calcium: 145.08mg (14.51%), Manganese: 0.25mg (12.45%), Vitamin B1: 0.18mg (12.15%), Folate: 46.58µg (11.64%), Potassium: 360mg (10.29%), Copper: 0.19mg (9.42%), Vitamin B5: 0.92mg (9.22%), Magnesium: 30.9mg (7.72%), Fiber: 1.41g (5.62%), Vitamin C: 2.43mg (2.94%), Vitamin D: 0.38µg (2.54%), Vitamin E: 0.36mg (2.38%), Vitamin K: 1.64µg (1.56%)