



Easy Chili Skillet Bake

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounces chili with beans canned
- 0.3 cup milk
- 1 eggs beaten
- 4 ounces cheddar cheese shredded (1 cup)
- 0.5 cup frangelico

Equipment

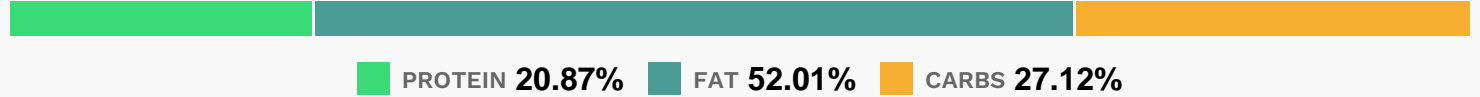
- bowl
- frying pan

- oven
- knife
- whisk

Directions

- Heat oven to 400°F. Spray 10-inch ovenproof skillet with cooking spray.
- Heat chili in skillet over medium heat, stirring occasionally, just until simmering.
- Remove from heat.
- Stir Bisquick mix, milk and egg in small bowl with fork or wire whisk until blended. Spoon batter in ring around outer edge of chili.
- Sprinkle 1/2 cup of the cheese over batter.
- Bake about 20 minutes or until crust is golden brown and knife inserted in center of crust comes out clean. Immediately sprinkle remaining 1/2 cup cheese over center.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.3, Inflammation Score:-6, Nutrition Score:13.067391343739%

Nutrients (% of daily need)

Calories: 252.45kcal (12.62%), Fat: 15.23g (23.43%), Saturated Fat: 7.38g (46.13%), Carbohydrates: 17.87g (5.96%), Net Carbohydrates: 11.63g (4.23%), Sugar: 2.27g (2.52%), Cholesterol: 71.5mg (23.83%), Sodium: 877.8mg (38.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.75g (27.51%), Phosphorus: 329.64mg (32.96%), Iron: 5.02mg (27.89%), Fiber: 6.24g (24.95%), Zinc: 3.66mg (24.43%), Vitamin B5: 2.24mg (22.41%), Calcium: 216.85mg (21.69%), Magnesium: 70.99mg (17.75%), Vitamin B2: 0.28mg (16.45%), Potassium: 557.3mg (15.92%), Vitamin A: 723.13IU (14.46%), Selenium: 9.64µg (13.77%), Vitamin B6: 0.22mg (10.94%), Folate: 40.02µg (10%), Manganese: 0.19mg (9.71%), Copper: 0.18mg (8.87%), Vitamin E: 0.96mg (6.41%), Vitamin B1: 0.08mg (5.48%), Vitamin B12: 0.32µg (5.34%), Vitamin K: 3.2µg (3.05%), Vitamin C: 2.41mg (2.92%), Vitamin B3: 0.53mg (2.67%), Vitamin D: 0.37µg (2.48%)