



Grands!® Biscuit Taco Cups

READY IN



45 min.

SERVINGS



8

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16.3 ounce grands!® buttermilk biscuits refrigerated pillsbury® canned
- ☐ 15 ounce spicy chili beans undrained canned
- ☐ 1.5 pounds ground beef 80% lean (at least)
- ☐ 1 cup cheddar cheese shredded
- ☐ 1.3 ounce less-sodium taco seasoning mix 40% old el paso®
- ☐ 0.5 cup water

Equipment

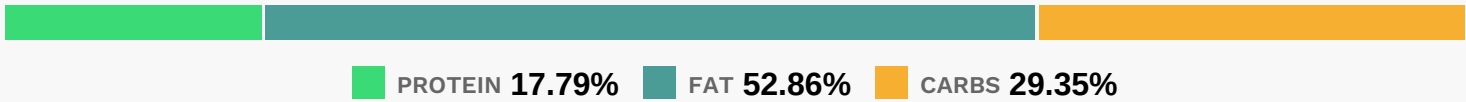
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 375 degrees F. Brown ground beef in large skillet over medium-high heat until thoroughly cooked, stirring frequently.
- ☐ Drain.
- ☐ Add chili beans, taco seasoning mix and water; mix well. Reduce heat to medium; simmer 10 minutes or until ground beef mixture is slightly thickened, stirring occasionally.
- ☐ Meanwhile, spray outside bottom and sides of 8 (6-oz.) custard cups lightly with nonstick cooking spray. Separate dough into 8 biscuits.
- ☐ Roll or pat each biscuit to form 4 1/2-inch round.
- ☐ Place rounds over outside of sprayed cups; press to fit over bottom and part way down sides of cups.
- ☐ Place cups, upside down, in ungreased 15x10x1-inch baking pan.
- ☐ Bake at 375 degrees F. for 14 to 16 minutes or until deep golden brown.
- ☐ Remove pan from oven. Carefully remove biscuit cups from custard cups.
- ☐ Place biscuit cups, right side up, in same baking pan. Spoon beef mixture evenly into each cup.
- ☐ Top with cheese, lettuce, tomato, sour cream and salsa.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:17.81, Inflammation Score:-6, Nutrition Score:18.497826021651%

Nutrients (% of daily need)

Calories: 544.37kcal (27.22%), Fat: 31.87g (49.04%), Saturated Fat: 10.75g (67.21%), Carbohydrates: 39.84g (13.28%), Net Carbohydrates: 36.02g (13.1%), Sugar: 5.68g (6.31%), Cholesterol: 75.09mg (25.03%), Sodium: 1436.98mg (62.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.13g (48.27%), Phosphorus: 529.31mg (52.93%), Selenium: 28.31µg (40.44%), Zinc: 5.42mg (36.1%), Vitamin B12: 2.06µg (34.27%), Vitamin B3: 5.73mg

(28.65%), Iron: 4.87mg (27.04%), Vitamin B2: 0.44mg (25.68%), Vitamin B6: 0.46mg (22.76%), Vitamin B1: 0.31mg (20.57%), Potassium: 609.09mg (17.4%), Calcium: 160.4mg (16.04%), Folate: 63.17µg (15.79%), Fiber: 3.82g (15.26%), Magnesium: 52.16mg (13.04%), Copper: 0.24mg (12.04%), Manganese: 0.24mg (11.82%), Vitamin A: 564.61IU (11.29%), Vitamin E: 1.33mg (8.86%), Vitamin B5: 0.66mg (6.59%), Vitamin K: 4.45µg (4.24%), Vitamin C: 2.9mg (3.51%), Vitamin D: 0.17µg (1.13%)