



Grands!® Taco Melts

READY IN



35 min.

SERVINGS



8

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16.3 oz grands flaky refrigerator biscuits canned
- ☐ 1 lb ground beef 80% lean cooked drained (at least)
- ☐ 1.5 cups salsa thick
- ☐ 4 oz cheddar cheese shredded
- ☐ 1 cup cream sour
- ☐ 1 oz taco seasoning
- ☐ 0.7 cup water

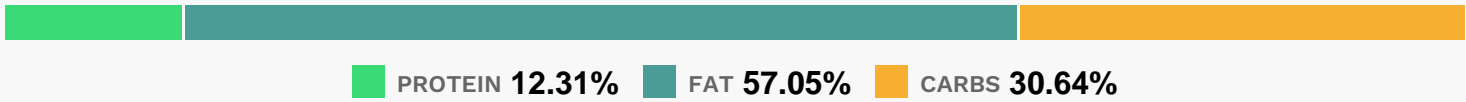
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ In medium saucepan, cook taco seasoning mix, water, 1/2 cup of the salsa and cooked ground beef until thickened.
- ☐ Press each biscuit into 6-inch round. Spoon 1/3 cup meat mixture and 1 tablespoon cheese onto center of each round. Fold dough in half over filling; press to seal.
- ☐ Place on greased cookie sheet.
- ☐ Bake at 375F 9 to 14 minutes or until golden brown.
- ☐ Serve with remaining salsa, cheese and sour cream.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:23.1, Inflammation Score:-6, Nutrition Score:14.079999928889%

Nutrients (% of daily need)

Calories: 569.38kcal (28.47%), Fat: 36.18g (55.67%), Saturated Fat: 14.35g (89.71%), Carbohydrates: 43.71g (14.57%), Net Carbohydrates: 41.42g (15.06%), Sugar: 16.15g (17.95%), Cholesterol: 70.68mg (23.56%), Sodium: 943.53mg (41.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.57g (35.14%), Vitamin B3: 4.88mg (24.4%), Vitamin B12: 1.45µg (24.13%), Phosphorus: 227.24mg (22.72%), Selenium: 15.71µg (22.45%), Vitamin B2: 0.37mg (22.02%), Zinc: 3.27mg (21.83%), Iron: 3.37mg (18.72%), Vitamin A: 888.63IU (17.77%), Vitamin B1: 0.25mg (16.96%), Vitamin B6: 0.33mg (16.52%), Vitamin E: 2.38mg (15.88%), Manganese: 0.31mg (15.71%), Calcium: 154.41mg (15.44%), Folate: 56.27µg (14.07%), Potassium: 377.68mg (10.79%), Vitamin K: 10.21µg (9.72%), Fiber: 2.29g (9.18%), Magnesium: 31.65mg (7.91%), Vitamin B5: 0.69mg (6.89%), Copper: 0.13mg (6.51%), Vitamin C: 2.78mg (3.37%)