



Grands!® Unsloppy Joes

READY IN



45 min.

SERVINGS



8

CALORIES



535 kcal

SIDE DISH

Ingredients

- ☐ 16.3 ounce grands!® biscuits refrigerated pillsbury® canned
- ☐ 1 teaspoon chili powder
- ☐ 1 pound ground beef 80% lean cooked drained (at least)
- ☐ 15 ounce sloppy joe sauce canned
- ☐ 0.5 cup cheddar cheese shredded

Equipment

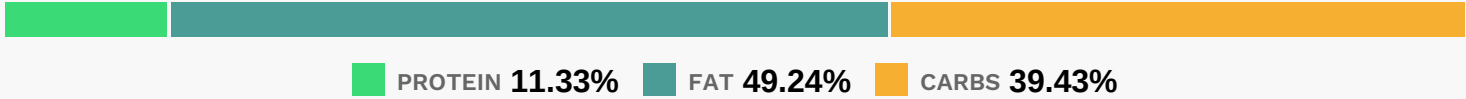
- ☐ frying pan
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 375 degrees F. In large skillet, cook ground beef over medium-high heat until beef is thoroughly cooked, stirring frequently; drain. Stir in sauce and chili powder; simmer 5 minutes.
- ☐ Press each biscuit into 6-inch round. Spoon 1/3 cup meat mixture and about 1 tablespoon cheese onto center of each round. Fold dough in half over filling; press to seal.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake 9 to 14 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:23.15, Inflammation Score:-3, Nutrition Score:10.443478270717%

Nutrients (% of daily need)

Calories: 535.28kcal (26.76%), Fat: 28.96g (44.56%), Saturated Fat: 10.39g (64.95%), Carbohydrates: 52.19g (17.4%), Net Carbohydrates: 51.35g (18.67%), Sugar: 24.8g (27.55%), Cholesterol: 47.32mg (15.77%), Sodium: 930.04mg (40.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.99g (29.99%), Vitamin B3: 4.32mg (21.62%), Vitamin B12: 1.29µg (21.47%), Selenium: 14.14µg (20.19%), Zinc: 2.92mg (19.49%), Vitamin B2: 0.3mg (17.58%), Phosphorus: 160.8mg (16.08%), Iron: 2.88mg (15.98%), Vitamin B1: 0.23mg (15.4%), Folate: 52.31µg (13.08%), Manganese: 0.26mg (12.89%), Vitamin E: 1.79mg (11.93%), Vitamin B6: 0.23mg (11.71%), Vitamin K: 7.81µg (7.44%), Calcium: 68.47mg (6.85%), Potassium: 214.23mg (6.12%), Magnesium: 20mg (5%), Vitamin B5: 0.49mg (4.9%), Copper: 0.09mg (4.57%), Vitamin A: 194.57IU (3.89%), Fiber: 0.84g (3.35%)