



Hidden Sloppy Joes

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground beef lean
- 14.5 ounces sauce
- 0.7 cup milk
- 2 tablespoons butter softened
- 2 eggs
- 3.5 cups frangelico

Equipment

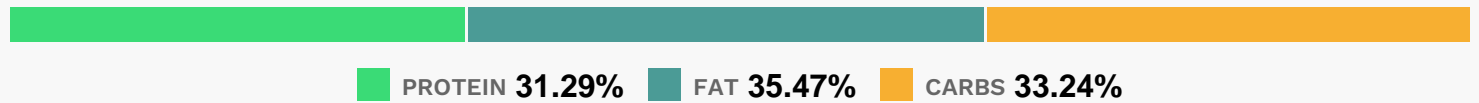
- frying pan

- oven
- kugelhopf pan

Directions

- Heat oven to 350°F. Generously spray 12-cup Bavarian-style bundt cake pan with cooking spray. Cook beef in 10-inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain. Stir in sloppy joe sauce.
- Stir Bisquick mix, milk, butter and eggs until blended. Spoon about two-thirds of the Bisquick mixture onto bottom and half way up side of pan. Spoon beef mixture over Bisquick mixture. Drop remaining Bisquick mixture by spoonfuls to cover beef.
- Bake 30 to 35 minutes or light golden brown. Cool 5 minutes. Turn pan upside down onto heatproof plate; remove pan.
- Note: The bundt pan used in this recipe, as well as other houseware items, is available in the Betty Crocker® Catalog. Click the link "Catalog Shopping" on the top of this page to shop Betty Crocker online, then search for: Bavarian bundt.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.36, Inflammation Score:-2, Nutrition Score:7.2443477787563%

Nutrients (% of daily need)

Calories: 193.46kcal (9.67%), Fat: 7.4g (11.39%), Saturated Fat: 2.58g (16.14%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 15.6g (5.67%), Sugar: 12.89g (14.32%), Cholesterol: 78.51mg (26.17%), Sodium: 710.38mg (30.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.69g (29.37%), Vitamin B12: 1.48µg (24.69%), Zinc: 3.11mg (20.74%), Selenium: 13.63µg (19.47%), Vitamin B3: 3.15mg (15.73%), Phosphorus: 155.39mg (15.54%), Vitamin B6: 0.25mg (12.68%), Vitamin B2: 0.17mg (10.05%), Iron: 1.54mg (8.57%), Potassium: 243.33mg (6.95%), Vitamin B5: 0.61mg (6.11%), Vitamin A: 217.54IU (4.35%), Magnesium: 16.34mg (4.08%), Calcium: 37.32mg (3.73%), Vitamin D: 0.5µg (3.34%), Vitamin B1: 0.04mg (2.63%), Vitamin E: 0.39mg (2.62%), Copper: 0.05mg (2.59%), Folate: 8.04µg (2.01%)