



Home-Style Beef and Potato Skillet



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.3 cup spring onion chopped
- ☐ 1 cup water
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.9 oz gravy
- ☐ 2 cups potatoes frozen with onions and peppers (from 24-oz bag)
- ☐ 0.5 cup peas sweet frozen
- ☐ 1 cup tomatoes chopped

- ☐ 0.5 cup water
- ☐ 1.5 cups frangelico

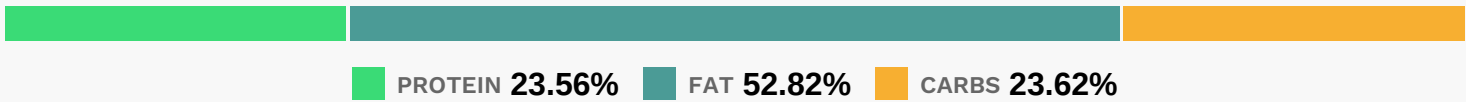
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ toothpicks

Directions

- ☐ In 10-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until brown; drain. Stir in 2 tablespoons of the onions, 1 cup water, the garlic salt and gravy mix (dry). Cook, stirring constantly, until mixture thickens. Stir in potatoes, peas and tomato.
- ☐ Heat until hot; reduce heat to medium-low.
- ☐ In small bowl, stir Bisquick mix, remaining 2 tablespoons onions and 1/2 cup water until soft dough forms. Drop dough by tablespoonfuls (see Success tip) onto beef mixture.
- ☐ Cover; cook 8 minutes. Uncover; cook 8 to 10 minutes longer or until toothpick inserted in center of dumplings comes out clean.

Nutrition Facts



Properties

Glycemic Index:49.52, Glycemic Load:14.6, Inflammation Score:-6, Nutrition Score:18.879999979683%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 394.86kcal (19.74%), Fat: 23.04g (35.44%), Saturated Fat: 8.81g (55.04%), Carbohydrates: 23.17g (7.72%), Net Carbohydrates: 19.22g (6.99%), Sugar: 3.08g (3.42%), Cholesterol: 81.01mg (27%), Sodium: 409.41mg (17.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.12g (46.24%), Vitamin C: 34.21mg (41.47%), Vitamin B12: 2.43µg (40.45%), Vitamin B6: 0.74mg (37.01%), Zinc: 5.37mg (35.78%), Vitamin B3: 6.53mg (32.66%), Phosphorus:

269.85mg (26.98%), Potassium: 898.04mg (25.66%), Selenium: 17.69µg (25.27%), Vitamin K: 24.41µg (23.25%), Iron: 3.48mg (19.34%), Fiber: 3.95g (15.81%), Manganese: 0.3mg (14.98%), Vitamin B2: 0.24mg (13.97%), Magnesium: 55.65mg (13.91%), Vitamin B1: 0.2mg (13.21%), Copper: 0.26mg (12.8%), Folate: 46.11µg (11.53%), Vitamin A: 513.36IU (10.27%), Vitamin B5: 0.94mg (9.37%), Vitamin E: 0.73mg (4.9%), Calcium: 48.61mg (4.86%)