



Impossibly Easy Cheeseburger Bake (Cooking for 2)

READY IN



30 min.

SERVINGS



2

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 lb ground beef 90% (at least)
- 0.3 cup onion chopped
- 0.3 cup cheddar cheese shredded reduced-fat
- 0.3 cup baking mix bisquick heart smart®
- 0.3 teaspoon salt
- 0.5 cup skim milk fat-free (skim)
- 0.3 cup eggs fat-free

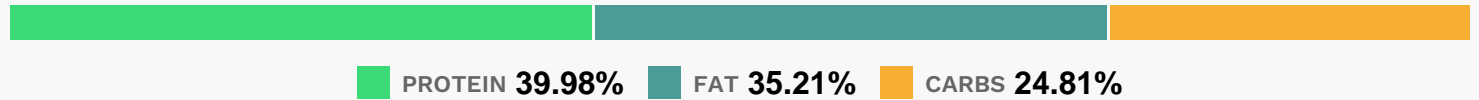
Equipment

- bowl
- frying pan
- oven
- knife
- loaf pan

Directions

- Heat oven to 400°F. Spray 8x4-inch loaf pan with cooking spray.
- In 10-inch nonstick skillet, cook beef and onion over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain.
- Spread in pan; sprinkle with cheese. In small bowl, stir together remaining ingredients.
- Pour into pan.
- Bake about 20 minutes or until knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:1.41, Inflammation Score:-4, Nutrition Score:14.06739120898%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 246.72kcal (12.34%), Fat: 9.42g (14.49%), Saturated Fat: 3.68g (22.98%), Carbohydrates: 14.94g (4.98%), Net Carbohydrates: 14.28g (5.19%), Sugar: 5.9g (6.55%), Cholesterol: 154.24mg (51.41%), Sodium: 703.81mg (30.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.07g (48.15%), Phosphorus: 422.65mg (42.26%), Selenium: 24.37µg (34.82%), Vitamin B12: 2.05µg (34.11%), Zinc: 4.02mg (26.81%), Vitamin B2: 0.42mg (24.88%), Calcium: 212.75mg (21.28%), Vitamin B3: 3.92mg (19.62%), Vitamin B6: 0.35mg (17.66%), Iron: 2.42mg (13.44%),

Vitamin B5: 1.24mg (12.4%), Potassium: 406.52mg (11.61%), Vitamin B1: 0.17mg (11.16%), Folate: 42.96µg (10.74%),
Vitamin D: 1.36µg (9.05%), Magnesium: 32.24mg (8.06%), Vitamin A: 328.96IU (6.58%), Copper: 0.1mg (5.09%),
Manganese: 0.09mg (4.73%), Vitamin E: 0.51mg (3.42%), Fiber: 0.65g (2.62%), Vitamin C: 1.52mg (1.85%), Vitamin K:
1.43µg (1.36%)