



## Italian Beef Bake

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 lb ground beef 80% lean (at least )
- 0.8 cup milk
- 0.3 cup parmesan cheese grated
- 1.3 cups pasta sauce
- 6 servings pasta sauce
- 4 oz mozzarella cheese shredded
- 2 cups frangelico
- 2 cups frangelico

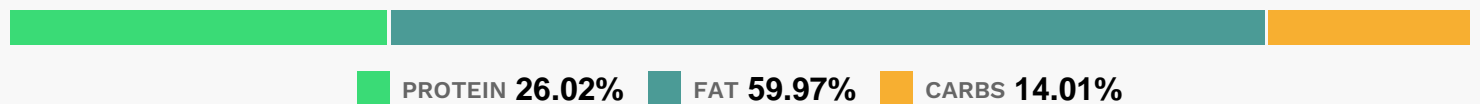
## Equipment

- bowl
- frying pan
- oven
- baking pan
- toothpicks
- glass baking pan

## Directions

- Heat oven to 400F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. In 10-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain.
- Stir 1 1/4 cups pasta sauce into beef.
- Heat to boiling. Spoon into baking dish; top with mozzarella cheese.
- Meanwhile, in medium bowl, stir Bisquick mix, milk and Parmesan cheese until soft dough forms.
- Drop dough by 12 tablespoonfuls onto beef mixture.
- Bake uncovered 20 to 24 minutes or until topping is golden brown and toothpick inserted in topping comes out clean.
- Serve topped with additional warm pasta sauce.

## Nutrition Facts



## Properties

Glycemic Index:25.83, Glycemic Load:3.63, Inflammation Score:-7, Nutrition Score:16.534347948821%

## Nutrients (% of daily need)

Calories: 326.21kcal (16.31%), Fat: 22.01g (33.86%), Saturated Fat: 9.57g (59.82%), Carbohydrates: 11.57g (3.86%), Net Carbohydrates: 8.97g (3.26%), Sugar: 7.84g (8.71%), Cholesterol: 75.89mg (25.3%), Sodium: 1076.25mg

(46.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.49g (42.97%), Vitamin B12: 2.27µg (37.83%), Zinc: 4.4mg (29.33%), Phosphorus: 290.43mg (29.04%), Selenium: 17.63µg (25.19%), Vitamin B3: 4.97mg (24.85%), Potassium: 787.32mg (22.49%), Vitamin B6: 0.44mg (22.16%), Calcium: 207.7mg (20.77%), Vitamin B2: 0.33mg (19.68%), Vitamin A: 964.65IU (19.29%), Vitamin E: 2.88mg (19.21%), Iron: 3.23mg (17.97%), Vitamin C: 12.15mg (14.72%), Copper: 0.25mg (12.49%), Magnesium: 47.78mg (11.95%), Vitamin B5: 1.07mg (10.7%), Fiber: 2.6g (10.41%), Manganese: 0.2mg (10.18%), Vitamin B1: 0.1mg (6.54%), Vitamin K: 6.82µg (6.49%), Folate: 22.48µg (5.62%), Vitamin D: 0.51µg (3.38%)