



Italian Beef Bake

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

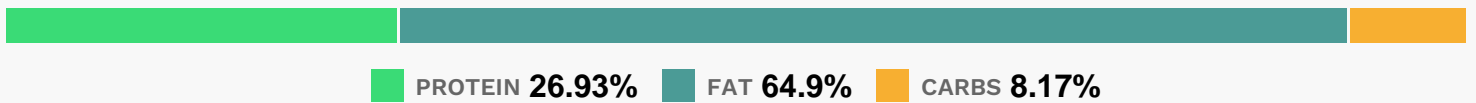
Equipment

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

Directions

- Heat oven to 400°F. 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:1.88, Inflammation Score:-4, Nutrition Score:12.490000071733%

Nutrients (% of daily need)

Calories: 301.71kcal (15.09%), Fat: 21.7g (33.39%), Saturated Fat: 9.53g (59.56%), Carbohydrates: 6.15g (2.05%), Net Carbohydrates: 5.08g (1.85%), Sugar: 4.21g (4.68%), Cholesterol: 75.89mg (25.3%), Sodium: 592.37mg (25.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.26g (40.52%), Vitamin B12: 2.27µg (37.83%), Zinc: 4.17mg (27.83%), Phosphorus: 262.87mg (26.29%), Selenium: 17.02µg (24.31%), Vitamin B3: 3.96mg (19.79%), Calcium: 193.4mg (19.34%), Vitamin B6: 0.34mg (17.16%), Vitamin B2: 0.27mg (15.78%), Potassium: 484.13mg (13.83%), Iron:

2.25mg (12.53%), Vitamin A: 522.63IU (10.45%), Vitamin E: 1.41mg (9.41%), Magnesium: 32.47mg (8.12%), Vitamin B5: 0.75mg (7.54%), Copper: 0.13mg (6.62%), Vitamin C: 5mg (6.06%), Vitamin B1: 0.07mg (4.9%), Manganese: 0.09mg (4.72%), Fiber: 1.07g (4.29%), Vitamin K: 3.96µg (3.77%), Vitamin D: 0.51µg (3.38%), Folate: 13.3µg (3.32%)