



Italian Meatball and Spinach Biscuit Bake

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



494 kcal

Ingredients

- ☐ 18 oz meatballs frozen italian cooked
- ☐ 14 oz pasta sauce (any variety)
- ☐ 9 oz spinach frozen thawed chopped
- ☐ 8 oz cream cheese softened
- ☐ 6 oz cheese shredded italian-style
- ☐ 1 cup milk
- ☐ 2.3 cups frangelico

Equipment

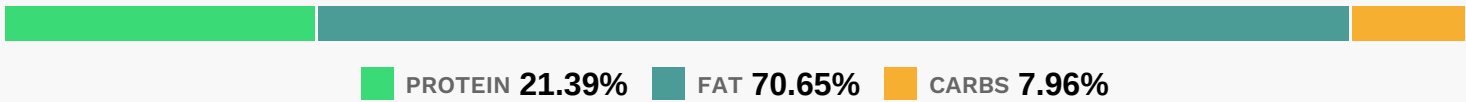
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 400°F. Spray rectangular baking dish, 13x9x2 inches, with cooking spray. Thaw meatballs by microwaving them in microwavable bowl on High 3 to 5 minutes or until warm.
- ☐ Add pasta sauce; stir to coat.
- ☐ Place half of the meatballs in baking dish.
- ☐ Mix spinach, cream cheese and 1/2 cup of the shredded cheese. Spoon half of the spinach mixture by tablespoonfuls randomly over meatballs.
- ☐ Stir Bisquick mix and milk in medium bowl until soft dough forms. Spoon half of the dough by tablespoonfuls randomly over meatballs. Repeat layers with remaining meatballs, spinach mixture and Bisquick mixture.
- ☐ Bake uncovered about 20 minutes or until biscuits are golden brown.
- ☐ Sprinkle with remaining 1 cup shredded cheese.
- ☐ Bake about 5 minutes longer or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:2.59, Inflammation Score:-10, Nutrition Score:28.013478082159%

Nutrients (% of daily need)

Calories: 493.63kcal (24.68%), Fat: 39.1g (60.16%), Saturated Fat: 18.86g (117.86%), Carbohydrates: 9.91g (3.3%), Net Carbohydrates: 7.68g (2.79%), Sugar: 6.3g (7%), Cholesterol: 126.69mg (42.23%), Sodium: 704.54mg (30.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.64g (53.27%), Vitamin K: 161.61µg (153.91%), Vitamin A: 6043.94IU (120.88%), Vitamin B1: 0.72mg (47.89%), Selenium: 32.71µg (46.73%), Phosphorus: 369.41mg (36.94%), Vitamin B2: 0.56mg (33.02%), Calcium: 305.87mg (30.59%), Vitamin B6: 0.52mg (26.01%), Vitamin B12: 1.54µg (25.74%), Vitamin B3: 4.67mg (23.34%), Zinc: 3.44mg (22.92%), Potassium: 720.13mg (20.58%), Manganese: 0.39mg (19.65%), Folate: 77.25µg (19.31%), Magnesium: 71.93mg (17.98%), Vitamin E: 2.59mg (17.23%), Iron: 2.35mg (13.07%), Vitamin B5: 1.22mg (12.2%), Copper: 0.19mg (9.3%), Vitamin C: 7.56mg (9.17%), Fiber: 2.23g (8.9%), Vitamin D: 0.56µg (3.74%)