

## Pam's BBQ Flat Jacks

READY IN



45 min.

SERVINGS



6

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup barbecue sauce
- 7.5 ounce biscuits refrigerated
- 1 pound ground beef
- 0.3 cup onion chopped
- 0.5 teaspoon hot sauce hot
- 1 cup cheddar cheese shredded

### Equipment

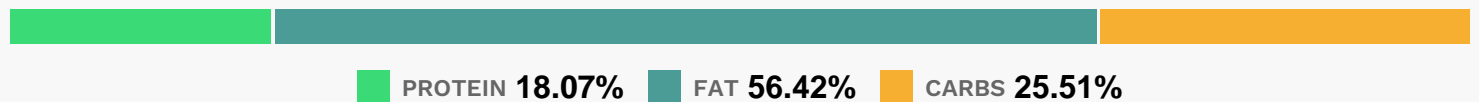
- frying pan

- oven
- baking pan

## Directions

- Preheat the oven to 375 degrees F (190 degrees C). Crumble the ground beef into a skillet over medium-high heat. As soon as it begins to brown a little, add the onion. Cook and stir until beef is evenly browned.
- Drain off grease, then stir in the barbeque sauce and hot pepper sauce. Set aside.
- Peel the biscuits apart in round layers, and use them to line the bottom of a 9x13 inch baking dish.
- Spread the ground beef mixture over the biscuits, then top with shredded cheese.
- Bake for 15 to 20 minutes in the preheated oven, until the biscuits are cooked through, and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:19.83, Glycemic Load:11.13, Inflammation Score:-3, Nutrition Score:13.009565151256%

## Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

## Nutrients (% of daily need)

Calories: 441.9kcal (22.1%), Fat: 27.53g (42.35%), Saturated Fat: 10.31g (64.45%), Carbohydrates: 28g (9.33%), Net Carbohydrates: 27.21g (9.89%), Sugar: 9.49g (10.55%), Cholesterol: 72.86mg (24.29%), Sodium: 762.2mg (33.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.84g (39.67%), Phosphorus: 364.82mg (36.48%), Selenium: 23.67µg (33.82%), Vitamin B12: 1.87µg (31.12%), Zinc: 4.07mg (27.16%), Vitamin B3: 4.54mg (22.72%), Vitamin B2: 0.31mg (18.46%), Calcium: 173.55mg (17.35%), Iron: 2.83mg (15.75%), Vitamin B6: 0.3mg (15.01%), Vitamin B1: 0.2mg (13.2%), Potassium: 363.5mg (10.39%), Manganese: 0.19mg (9.36%), Folate: 35.82µg (8.95%), Vitamin E: 1.11mg (7.41%), Magnesium: 27.74mg (6.94%), Vitamin B5: 0.61mg (6.11%), Copper: 0.1mg (5.08%), Vitamin A: 243.48IU (4.87%), Vitamin K: 3.73µg (3.55%), Fiber: 0.79g (3.16%), Vitamin D: 0.19µg (1.26%), Vitamin C: 0.89mg (1.07%)