



Pasta-Beef Cobbler

READY IN



70 min.

SERVINGS



8

CALORIES



217 kcal

Ingredients

- 1 pound ground beef lean
- 0.5 cup onion chopped
- 0.5 cup bell pepper green chopped
- 0.5 teaspoon lawry's seasoned salt
- 2.8 cups water hot
- 1.8 cups milk
- 1 package beef pasta skillet meal
- 2 tablespoons brown sugar packed
- 0.3 cup catsup
- 2 eggs

1.5 cups frangelico

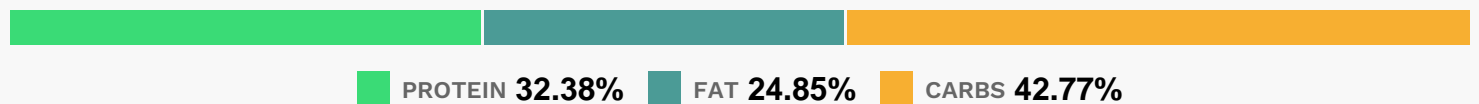
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Heat oven to 375°F. In 10-inch skillet, cook beef, onion, bell pepper and seasoned salt over medium heat, stirring occasionally, until beef is brown; drain.
- Stir hot water, 3/4 cup of the milk and the Sauce
- Mix into beef mixture. Stir in brown sugar and ketchup.
- Heat to boiling, stirring occasionally. Spoon beef mixture into ungreased rectangular baking dish, 13x9x2 inches; stir in uncooked pasta. Set aside.
- In medium bowl, stir Bisquick mix, remaining 1 cup of the milk and the eggs until blended.
- Pour evenly over beef mixture.
- Bake cobbler 30 to 35 minutes or until light golden.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:1.18, Inflammation Score:-3, Nutrition Score:10.474347912747%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 217.3kcal (10.87%), Fat: 5.93g (9.12%), Saturated Fat: 2.62g (16.4%), Carbohydrates: 22.95g (7.65%), Net Carbohydrates: 21.99g (8%), Sugar: 8.98g (9.98%), Cholesterol: 82.48mg (27.49%), Sodium: 785.87mg (34.17%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.37g (34.75%), Vitamin B12: 1.66µg (27.6%), Zinc: 3.3mg (21.99%), Vitamin B3: 4.32mg (21.61%), Selenium: 14.4µg (20.57%), Phosphorus: 194.79mg (19.48%), Vitamin B2: 0.3mg (17.37%), Vitamin B6: 0.32mg (15.97%), Vitamin B1: 0.2mg (13.65%), Iron: 2.08mg (11.57%), Potassium: 383.98mg (10.97%), Vitamin C: 8.53mg (10.35%), Calcium: 86.29mg (8.63%), Vitamin B5: 0.76mg (7.61%), Magnesium: 24.19mg (6.05%), Vitamin D: 0.86µg (5.76%), Vitamin A: 219IU (4.38%), Copper: 0.08mg (4.15%), Fiber: 0.96g (3.84%), Vitamin E: 0.45mg (2.98%), Folate: 11.54µg (2.89%), Manganese: 0.04mg (2.24%), Vitamin K: 1.32µg (1.25%)