



Quick Cheeseburger Bake

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.8 cup onion chopped
- ☐ 11 oz condensed cream of cheddar cheese soup canned
- ☐ 1 cup savory vegetable mixed frozen
- ☐ 0.3 cup milk
- ☐ 0.8 cup water
- ☐ 4 oz cheddar cheese shredded
- ☐ 2 cups frangelico

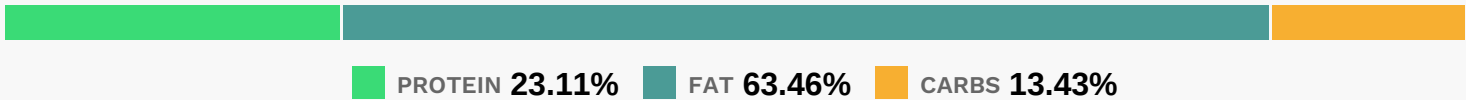
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 400°F. Generously grease rectangular baking dish, 13x9x2 inches. Cook ground beef and onion in 10-inch skillet over medium heat, stirring occasionally, until beef is brown; drain. Stir in soup, vegetables and milk.
- ☐ Stir Bisquick mix and water in baking dish until moistened; spread evenly.
- ☐ Spread beef mixture over batter.
- ☐ Sprinkle with cheese.
- ☐ Bake 30 minutes.

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:1.51, Inflammation Score:-7, Nutrition Score:9.5856521285099%

Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 258.56kcal (12.93%), Fat: 18.11g (27.86%), Saturated Fat: 7.87g (49.2%), Carbohydrates: 8.62g (2.87%), Net Carbohydrates: 7.15g (2.6%), Sugar: 1.68g (1.86%), Cholesterol: 56.91mg (18.97%), Sodium: 350.25mg (15.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.84g (29.68%), Vitamin A: 1467.02IU (29.34%), Vitamin B12: 1.4µg (23.41%), Zinc: 3.05mg (20.34%), Selenium: 12.83µg (18.32%), Phosphorus: 179.98mg (18%), Calcium: 142.08mg (14.21%), Vitamin B3: 2.71mg (13.57%), Potassium: 421.76mg (12.05%), Vitamin B6: 0.24mg (11.87%), Vitamin B2: 0.18mg (10.61%), Iron: 1.37mg (7.61%), Fiber: 1.48g (5.91%), Magnesium: 21.56mg (5.39%), Vitamin B1: 0.07mg (4.49%), Vitamin B5: 0.43mg (4.27%), Vitamin C: 3.48mg (4.21%), Manganese: 0.08mg (4.11%), Folate: 16.39µg (4.1%), Copper: 0.07mg (3.49%), Vitamin E: 0.35mg (2.3%), Vitamin D: 0.23µg (1.5%), Vitamin K: 1.44µg (1.37%)