



Salsa Beef Biscuit Bake

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



221 kcal

Ingredients

- 1 tablespoon spring onion chopped
- 1 pound ground beef lean
- 0.8 cup milk
- 16 ounces salsa thick
- 4 ounces cheddar cheese shredded
- 2 cups frangelico
- 2 cups frangelico

Equipment

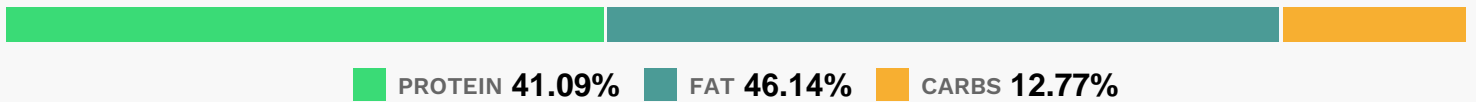
- bowl

- frying pan
- oven
- toothpicks

Directions

- Heat oven to 400F. Spray square pan, 9x9x2 inches, with cooking spray. Cook beef in 10-inch skillet over medium-high heat 5 to 7 minutes, stirring occasionally, until brown; drain. Stir in salsa.
- Spread beef mixture in pan.
- Stir Bisquick mix, milk, onion and cheese in medium bowl until soft dough forms. Drop dough by 12 tablespoonfuls over mixture in pan.
- Bake uncovered about 25 minutes or until golden brown and toothpick inserted in biscuits comes out clean.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:13.43565218345%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 221.22kcal (11.06%), Fat: 11.33g (17.43%), Saturated Fat: 5.91g (36.96%), Carbohydrates: 7.05g (2.35%), Net Carbohydrates: 5.67g (2.06%), Sugar: 4.43g (4.93%), Cholesterol: 69.43mg (23.14%), Sodium: 681.18mg (29.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.7g (45.39%), Vitamin B12: 2.06µg (34.31%), Zinc: 4.82mg (32.14%), Phosphorus: 291.61mg (29.16%), Selenium: 19.77µg (28.24%), Vitamin B3: 5.05mg (25.24%), Vitamin B6: 0.46mg (23.08%), Calcium: 199.83mg (19.98%), Vitamin B2: 0.27mg (16.01%), Potassium: 519.68mg (14.85%), Vitamin A: 611.63IU (12.23%), Iron: 2.16mg (12.01%), Magnesium: 36.93mg (9.23%), Vitamin E: 1.3mg (8.64%), Vitamin B5: 0.83mg (8.31%), Copper: 0.11mg (5.74%), Vitamin K: 6.02µg (5.73%), Fiber: 1.39g (5.55%), Vitamin B1: 0.08mg (5.37%), Manganese: 0.1mg (4.88%), Vitamin D: 0.52µg (3.5%), Folate: 11.41µg (2.85%), Vitamin C: 1.62mg (1.97%)