



Sloppy Joe Biscuit Rounds

READY IN



50 min.

SERVINGS



8

CALORIES



370 kcal

Ingredients

- ☐ 16.3 oz biscuits refrigerated canned
- ☐ 1 egg yolk
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.3 cup catsup
- ☐ 0.8 lb ground beef 80% lean (at least)
- ☐ 0.3 cup onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 2 oz cheddar cheese shredded
- ☐ 0.3 teaspoon water

- ☐ 1 teaspoon worcestershire sauce
- ☐ 1 tablespoon mustard yellow

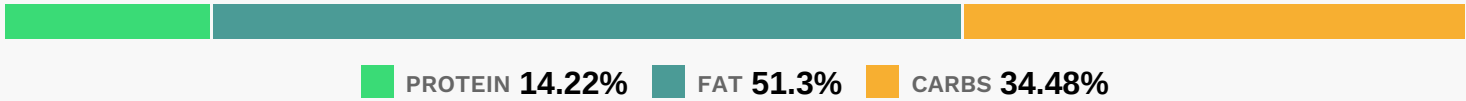
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375F. Spray large cookie sheet with cooking spray. In 10-inch skillet, cook beef, onion and bell pepper over medium-high heat until beef is thoroughly cooked; drain. Stir in ketchup, mustard, Worcestershire sauce, salt and pepper.
- ☐ Separate dough into 8 biscuits.
- ☐ Place 2 1/2 inches apart on cookie sheet. With bottom of flat 2-inch diameter glass or fingers, press out each biscuit to 3 1/2-inch round with 1/4-inch rim around outside edge. In small bowl, beat egg yolk and water with fork.
- ☐ Brush over tops and sides of biscuits.
- ☐ Spoon about 1/3 cup beef mixture into indentation in each biscuit.
- ☐ Sprinkle each biscuit with 1 tablespoon shredded cheese.
- ☐ Bake 12 to 17 minutes or until biscuits are golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:17.89, Inflammation Score:-3, Nutrition Score:11.747391312019%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 369.84kcal (18.49%), Fat: 21.13g (32.51%), Saturated Fat: 6.29g (39.3%), Carbohydrates: 31.95g (10.65%), Net Carbohydrates: 30.92g (11.24%), Sugar: 4.6g (5.11%), Cholesterol: 62.16mg (20.72%), Sodium: 814.14mg (35.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.17g (26.35%), Phosphorus: 364.31mg (36.43%), Selenium: 21.24µg (30.35%), Vitamin B3: 3.93mg (19.63%), Vitamin B1: 0.28mg (18.74%), Vitamin B12: 1.11µg (18.5%), Vitamin B2: 0.3mg (17.43%), Iron: 2.94mg (16.32%), Zinc: 2.41mg (16.08%), Manganese: 0.27mg (13.33%), Folate: 50.7µg (12.67%), Vitamin B6: 0.21mg (10.54%), Calcium: 94.26mg (9.43%), Potassium: 304.9mg (8.71%), Vitamin E: 1.22mg (8.13%), Vitamin C: 4.63mg (5.61%), Magnesium: 22.39mg (5.6%), Vitamin B5: 0.5mg (5.05%), Copper: 0.09mg (4.74%), Fiber: 1.03g (4.13%), Vitamin K: 4.07µg (3.88%), Vitamin A: 175.34IU (3.51%), Vitamin D: 0.21µg (1.38%)