



Sloppy Joe Biscuit Rounds

READY IN



50 min.

SERVINGS



8

CALORIES



370 kcal

Ingredients

- 16.3 ounce grands!® homestyle buttermilk biscuits refrigerated pillsbury® canned
- 1 egg yolk
- 0.3 cup bell pepper green chopped
- 0.3 cup catsup
- 0.8 pound ground beef 80% lean (at least)
- 0.3 cup onion chopped
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 0.5 cup 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 375 degrees F. 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

 **PROTEIN 14.21%**  **FAT 51.29%**  **CARBS 34.5%**

Properties

Glycemic Index:24.13, Glycemic Load:17.89, Inflammation Score:-3, Nutrition Score:11.744347691536%

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: 369.73kcal (18.49%), Fat: 21.12g (32.49%), Saturated Fat: 6.28g (39.27%), Carbohydrates: 31.95g (10.65%), Net Carbohydrates: 30.92g (11.24%), Sugar: 4.6g (5.11%), Cholesterol: 62.13mg (20.71%), Sodium: 813.98mg (35.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.17g (26.34%), Phosphorus: 364.19mg (36.42%), Selenium: 21.23µg (30.34%), Vitamin B3: 3.93mg (19.63%), Vitamin B1: 0.28mg (18.74%), Vitamin B12: 1.11µg (18.49%), Vitamin B2: 0.3mg (17.42%), Iron: 2.94mg (16.32%), Zinc: 2.41mg (16.08%), Manganese: 0.27mg (13.33%), Folate: 50.69µg (12.67%), Vitamin B6: 0.21mg (10.54%), Calcium: 94.08mg (9.41%), Potassium: 304.88mg (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: 175.09IU (3.5%), Vitamin D: 0.21µg (1.38%)