



## Sloppy Joe Casserole with Biscuits

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



702 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 oz grands flaky refrigerator biscuits refrigerated golden layers® canned (5 biscuits)
- 0.5 cup spring onion sliced (8 medium)
- 15.5 oz sauce canned
- 1 lb ground beef 80% lean (at least )
- 11 oz corn whole with red and green peppers, undrained canned

### Equipment

- frying pan
- oven

## Directions

- Heat oven to 375F. In 12-inch skillet, cook ground beef and onions over medium-high heat, stirring frequently, until beef is thoroughly cooked; drain.
- Stir in sloppy joe sauce and corn. Cook 2 to 3 minutes, stirring occasionally, until thoroughly heated. Spoon mixture into ungreased 1- to 1 1/2-quart casserole.
- Separate dough into 5 biscuits; cut each in half. Arrange, cut side down, around outside edge of hot mixture with sides of biscuits touching.
- Bake uncovered 15 to 20 minutes or until biscuits are deep golden brown.

## Nutrition Facts

**PROTEIN 14.27%** **FAT 45.65%** **CARBS 40.08%**

## Properties

Glycemic Index:24, Glycemic Load:17.2, Inflammation Score:-4, Nutrition Score:15.733478411384%

## Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

## Nutrients (% of daily need)

Calories: 702.32kcal (35.12%), Fat: 35.07g (53.95%), Saturated Fat: 12.32g (77%), Carbohydrates: 69.29g (23.1%), Net Carbohydrates: 68.41g (24.88%), Sugar: 34.85g (38.73%), Cholesterol: 80.51mg (26.84%), Sodium: 1673.42mg (72.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.67g (49.34%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.22mg (34.77%), Vitamin B3: 6.86mg (34.31%), Vitamin K: 32.59µg (31.04%), Selenium: 19.72µg (28.17%), Phosphorus: 243.82mg (24.38%), Iron: 3.82mg (21.24%), Vitamin B6: 0.4mg (20.2%), Vitamin B2: 0.32mg (19%), Folate: 72.99µg (18.25%), Vitamin B1: 0.22mg (14.5%), Potassium: 468.53mg (13.39%), Manganese: 0.26mg (12.85%), Vitamin E: 1.57mg (10.48%), Magnesium: 36.31mg (9.08%), Copper: 0.14mg (7.1%), Vitamin B5: 0.71mg (7.07%), Vitamin C: 3.68mg (4.45%), Calcium: 36.5mg (3.65%), Fiber: 0.88g (3.51%), Vitamin A: 161.2IU (3.22%)