



Sloppy Joe Supreme

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces cheddar cheese shredded
- ☐ 0.5 cup water
- ☐ 1 eggs
- ☐ 1 pound ground beef 80% lean (at least)
- ☐ 0.5 cup catsup
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces tomato sauce canned
- ☐ 1 cup frangelico

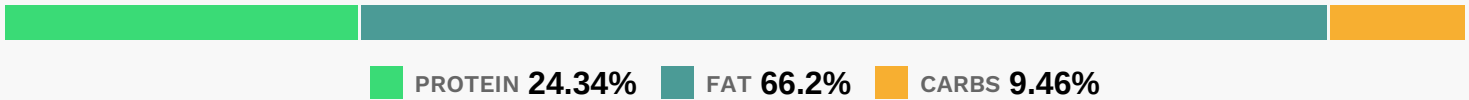
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400°F. In small bowl, stir together Bisquick® mix, 1 cup of the cheese, the water and egg; set aside.
- ☐ In ovenproof 10-inch skillet, cook beef over medium heat about 8 minutes, stirring occasionally, until brown; drain. Stir in ketchup, salt and tomato sauce.
- ☐ Heat over medium-high heat, stirring occasionally, until hot.
- ☐ Pour Bisquick® mixture over top.
- ☐ Bake 25 to 30 minutes or until golden brown.
- ☐ Sprinkle with remaining 1/2 cup cheese.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.83, Inflammation Score:-4, Nutrition Score:12.656956454982%

Flavonoids

Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 347.45kcal (17.37%), Fat: 25.59g (39.37%), Saturated Fat: 11.49g (71.82%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 7.6g (2.77%), Sugar: 5.73g (6.36%), Cholesterol: 109.3mg (36.43%), Sodium: 801.82mg (34.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.17g (42.34%), Vitamin B12: 1.98µg (33.06%), Selenium: 21.98µg (31.4%), Zinc: 4.41mg (29.43%), Phosphorus: 279.21mg (27.92%), Calcium: 227.15mg (22.71%), Vitamin B3: 3.88mg (19.38%), Vitamin B2: 0.33mg (19.31%), Vitamin B6: 0.34mg (17.24%), Vitamin A: 589.93IU (11.8%), Potassium: 404.57mg (11.56%), Iron: 2.07mg (11.53%), Vitamin E: 1.44mg (9.57%), Magnesium: 29.86mg (7.46%), Vitamin B5: 0.74mg (7.35%), Copper: 0.12mg (6.23%), Folate: 19.89µg (4.97%), Vitamin C: 3.47mg (4.2%), Manganese: 0.07mg (3.66%), Vitamin B1: 0.05mg (3.66%), Vitamin K: 3.72µg (3.54%), Vitamin D: 0.39µg (2.62%),

Fiber: 0.63g (2.51%)