



Southwestern Skillet Bake

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 eggs
- 1 pound ground beef 80% lean (at least)
- 16 ounces salsa thick
- 6 ounces cheddar cheese shredded
- 11 ounces corn whole drained canned
- 1 cup frangelico
- 1 cup frangelico

Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Heat oven to 400F. Cook beef in 10-inch ovenproof skillet over medium-high heat 5 to 8 minutes, stirring occasionally, until brown; drain. Stir in salsa and corn; heat over medium-high heat until hot.
- Reserve 2 tablespoons of the cheese. Stir Bisquick mix, eggs and remaining cheese in medium bowl until blended. Spoon batter around edge of beef mixture, leaving center uncovered.
- Sprinkle with reserved cheese.
- Bake uncovered about 20 minutes or until golden brown and toothpick inserted in topping comes out clean.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:15.243913152943%

Nutrients (% of daily need)

Calories: 399.53kcal (19.98%), Fat: 27.74g (42.67%), Saturated Fat: 12.06g (75.39%), Carbohydrates: 12.71g (4.24%), Net Carbohydrates: 11.35g (4.13%), Sugar: 3.06g (3.39%), Cholesterol: 163.86mg (54.62%), Sodium: 847.94mg (36.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.58g (49.16%), Selenium: 26.8µg (38.28%), Vitamin B12: 2.11µg (35.24%), Phosphorus: 338.35mg (33.83%), Zinc: 4.78mg (31.87%), Calcium: 248.57mg (24.86%), Vitamin B3: 4.48mg (22.39%), Vitamin B2: 0.37mg (21.73%), Vitamin B6: 0.43mg (21.71%), Vitamin A: 765.74IU (15.31%), Potassium: 511.64mg (14.62%), Iron: 2.33mg (12.94%), Vitamin E: 1.68mg (11.17%), Magnesium: 40.2mg (10.05%), Folate: 39.68µg (9.92%), Vitamin B5: 0.99mg (9.87%), Copper: 0.14mg (6.83%), Manganese: 0.13mg (6.55%), Vitamin B1: 0.08mg (5.59%), Fiber: 1.36g (5.44%), Vitamin K: 5.28µg (5.03%), Vitamin D: 0.69µg (4.57%), Vitamin C: 2.32mg (2.81%)