



Taco Beef Bake with Cheddar Biscuit Topping

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1 oz beef broth 25%
- ☐ 1 cup salsa thick
- ☐ 2 cups corn frozen
- ☐ 4 oz cheddar cheese shredded
- ☐ 0.7 cup milk
- ☐ 2 cups frangelico

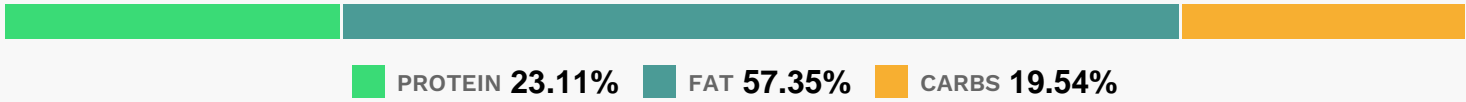
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 425°F. In 10-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain.
- ☐ Stir taco seasoning mix, salsa and corn into beef.
- ☐ Heat to boiling, stirring occasionally.
- ☐ Pour into ungreased 8-inch square pan or 8-inch square (2-quart) glass baking dish.
- ☐ Meanwhile, in medium bowl, stir Bisquick mix, cheese and milk until soft dough forms.
- ☐ Drop dough by 12 spoonfuls onto beef mixture.
- ☐ Bake uncovered 20 to 25 minutes or until topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:13.61173915863%

Nutrients (% of daily need)

Calories: 352.16kcal (17.61%), Fat: 22.92g (35.27%), Saturated Fat: 10.01g (62.55%), Carbohydrates: 17.57g (5.86%), Net Carbohydrates: 15.25g (5.55%), Sugar: 3.02g (3.35%), Cholesterol: 75.83mg (25.28%), Sodium: 480.24mg (20.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.78g (41.56%), Vitamin B12: 1.96µg (32.74%), Zinc: 4.44mg (29.58%), Phosphorus: 295.11mg (29.51%), Selenium: 18.03µg (25.76%), Vitamin B3: 4.64mg (23.22%), Vitamin B6: 0.45mg (22.42%), Calcium: 194.91mg (19.49%), Vitamin B2: 0.29mg (17.35%), Potassium: 542.29mg (15.49%), Iron: 2.05mg (11.4%), Magnesium: 45.31mg (11.33%), Fiber: 2.32g (9.28%), Vitamin A: 443.49IU (8.87%), Vitamin B1: 0.13mg (8.33%), Folate: 32.99µg (8.25%), Vitamin B5: 0.81mg (8.07%), Manganese: 0.15mg (7.32%), Vitamin E: 0.99mg (6.63%), Vitamin C: 4.78mg (5.8%), Copper: 0.11mg (5.44%), Vitamin K: 3.72µg (3.54%), Vitamin D: 0.49µg (3.25%)