



WHATSheATE



## The Ultimate Chili Cheese Sauce Biscuit Burger

READY IN



25 min.

SERVINGS



4

CALORIES



807 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.7 cup milk
- ☐ 1 lb ground beef (preferably)
- ☐ 1 serving salt and pepper to taste
- ☐ 1 cup pepper flakes hot leftover (I used Cincinnati Chili)
- ☐ 10 pepper rings frozen cooked (if desired)
- ☐ 1 cup corn chips
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons flour all-purpose

- ☐ 2 cups milk
- ☐ 0.3 teaspoon ground mustard
- ☐ 2 oz provolone cheese shredded
- ☐ 6 oz cheddar cheese shredded white
- ☐ 2.3 cups frangelico

## Equipment

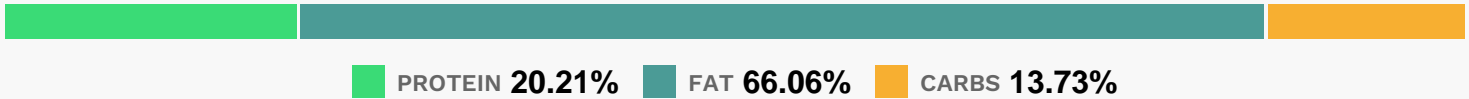
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ grill

## Directions

- ☐ To make the biscuits, heat oven to 450°F. Stir ingredients until soft dough forms. Turn onto surface dusted with Bisquick mix. Knead 10 times.
- ☐ Roll dough 1/2 inch thick.
- ☐ Cut with 2 1/2-inch cutter.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake 8 to 10 minutes or until golden brown.
- ☐ Next,
- ☐ Heat gas or charcoal grill.
- ☐ Add beef to large bowl, and season with salt and pepper. Shape beef into 4 equal patties.
- ☐ Place on grill over medium-high heat. Close grill; cook to desired doneness. I cook mine about 4 minutes per side, but it will depend on how thick your burgers are.
- ☐ Remove from grill, and keep warm while you make cheese sauce.
- ☐ To make cheese sauce, melt butter in 1-quart saucepan over medium-high heat. Stir in flour; cook about 1 minute. Beat in milk and mustard with whisk.

- ☐ Heat to bubbling, and let thicken, about 2 minutes. Turn off heat, and stir in provolone cheese, Cheddar cheese and a pinch of salt and pepper. Stir until cheese is melted.
- ☐ To assemble burgers, split biscuits in half and place a burger patty on the bottom of each biscuit. Top each burger with about 1/4 cup of hot chili, then carefully drizzle on the warm cheese sauce. Finish the burgers with warm crispy onion rings and corn chips. Top with the top half of the biscuit, and enjoy!

## Nutrition Facts



## Properties

Glycemic Index:75, Glycemic Load:6.55, Inflammation Score:-8, Nutrition Score:29.378696151402%

## Nutrients (% of daily need)

Calories: 806.94kcal (40.35%), Fat: 59.39g (91.36%), Saturated Fat: 26.89g (168.06%), Carbohydrates: 27.76g (9.25%), Net Carbohydrates: 26.2g (9.53%), Sugar: 10.11g (11.24%), Cholesterol: 167.39mg (55.8%), Sodium: 730.5mg (31.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.88g (81.76%), Phosphorus: 674.1mg (67.41%), Calcium: 666.51mg (66.65%), Vitamin B12: 3.97µg (66.25%), Vitamin C: 53.9mg (65.33%), Selenium: 37.65µg (53.79%), Zinc: 7.85mg (52.31%), Vitamin B2: 0.7mg (40.94%), Vitamin B6: 0.73mg (36.7%), Vitamin B3: 5.89mg (29.45%), Vitamin A: 1346.32IU (26.93%), Potassium: 761.53mg (21.76%), Magnesium: 80.14mg (20.04%), Vitamin E: 2.92mg (19.45%), Iron: 3.18mg (17.66%), Vitamin B5: 1.64mg (16.44%), Vitamin B1: 0.22mg (14.87%), Vitamin D: 2.23µg (14.86%), Manganese: 0.22mg (10.89%), Vitamin K: 11.01µg (10.48%), Folate: 35.95µg (8.99%), Copper: 0.17mg (8.27%), Fiber: 1.56g (6.24%)