



All-American Barbecue Sandwiches

 Dairy Free

READY IN



25 min.

SERVINGS



18

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 pounds ground beef
- 1.5 cups onion chopped
- 2.3 cups catsup
- 3 tablespoons mustard prepared
- 3 tablespoons worcestershire sauce
- 2 tablespoons vinegar
- 2 tablespoons sugar
- 1 tablespoon salt

- 1 tablespoon pepper
- 18 hawaiian rolls split

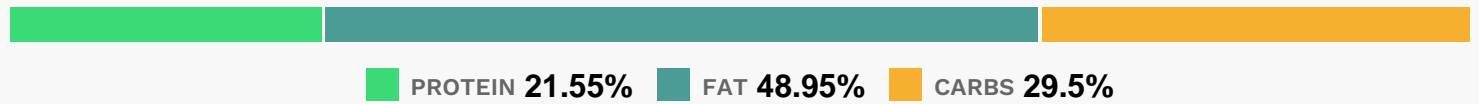
Equipment

- dutch oven

Directions

- In a Dutch oven, cook beef and onions until meat is no longer pink and onion is tender; drain. Stir in the ketchup, mustard, Worcestershire sauce, vinegar, sugar, salt and pepper.
- Heat through.
- Serve on buns.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:14.13, Inflammation Score:-4, Nutrition Score:15.984782612842%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 453.63kcal (22.68%), Fat: 24.5g (37.7%), Saturated Fat: 9.08g (56.77%), Carbohydrates: 33.23g (11.08%), Net Carbohydrates: 31.94g (11.62%), Sugar: 11.74g (13.04%), Cholesterol: 80.51mg (26.84%), Sodium: 1013.06mg (44.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.27g (48.54%), Selenium: 29.88µg (42.69%), Vitamin B12: 2.51µg (41.88%), Vitamin B3: 7.07mg (35.36%), Zinc: 5.15mg (34.36%), Phosphorus: 239.26mg (23.93%), Vitamin B6: 0.46mg (22.97%), Iron: 4.03mg (22.41%), Vitamin B2: 0.36mg (20.89%), Vitamin B1: 0.3mg (19.92%), Manganese: 0.35mg (17.55%), Potassium: 493.39mg (14.1%), Folate: 54.05µg (13.51%), Calcium: 96.34mg (9.63%), Magnesium: 36.57mg (9.14%), Copper: 0.16mg (7.96%), Vitamin E: 1.04mg (6.91%), Vitamin B5: 0.61mg (6.12%), Vitamin K: 5.67µg (5.4%), Fiber: 1.28g (5.13%), Vitamin C: 3.15mg (3.82%), Vitamin A: 160.43IU (3.21%)