

Aunt Helen's Sloppy Joes

 **Gluten Free**  **Dairy Free**

READY IN



16 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

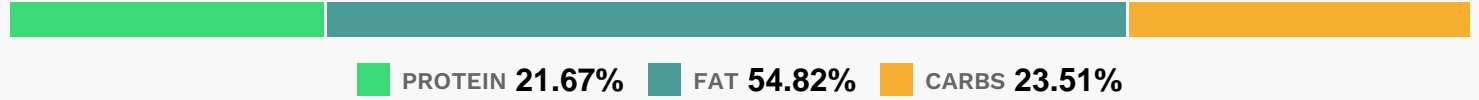
Ingredients

- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 0.5 teaspoon chili powder
- 0.5 medium bell pepper green chopped
- 1 lb ground beef
- 0.8 cup catsup
- 0.5 medium onion chopped
- 1 teaspoon vinegar

- 0.1 cup worcestershire sauce
- 0.5 tablespoon mustard yellow

Equipment

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:13.311739130435%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 373.45kcal (18.67%), Fat: 22.86g (35.17%), Saturated Fat: 8.73g (54.58%), Carbohydrates: 22.06g (7.35%), Net Carbohydrates: 21.28g (7.74%), Sugar: 17.25g (19.17%), Cholesterol: 80.51mg (26.84%), Sodium: 623.27mg (27.1%), Protein: 20.34g (40.68%), Vitamin B12: 2.43µg (40.45%), Zinc: 4.9mg (32.67%), Vitamin B3: 5.63mg (28.15%), Selenium: 18.2µg (26%), Vitamin B6: 0.5mg (24.81%), Phosphorus: 206.05mg (20.61%), Vitamin C: 15.95mg (19.33%), Iron: 3.01mg (16.71%), Potassium: 563.17mg (16.09%), Vitamin B2: 0.27mg (15.6%), Vitamin E: 1.29mg (8.59%), Magnesium: 30.93mg (7.73%), Vitamin A: 368.41IU (7.37%), Copper: 0.15mg (7.33%), Vitamin B5: 0.64mg (6.38%), Manganese: 0.11mg (5.42%), Vitamin B1: 0.08mg (5.25%), Calcium: 48.07mg (4.81%), Vitamin K: 4.93µg (4.69%), Folate: 17.04µg (4.26%), Fiber: 0.79g (3.16%)