



## Back to School Sloppy Joes

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10.8 ounce campbell's® condensed tomato soup canned
- 1 pound ground beef
- 2 tablespoons catsup
- 1 teaspoon mustard prepared
- 6 farmhouse premium rolls white with sesame seeds pepperidge farm®

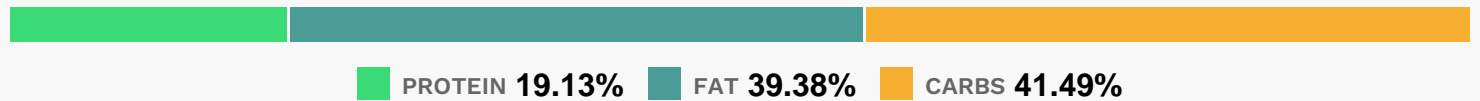
### Equipment

- frying pan

## Directions

- Cook the beef in a 10-inch skillet until it's well browned, stirring often to separate the meat.
- Pour off any fat.
- Stir the soup, ketchup and mustard in the skillet and cook until the mixture is hot and bubbling.
- Serve on the rolls.

## Nutrition Facts



## Properties

Glycemic Index:23.58, Glycemic Load:25.58, Inflammation Score:-2, Nutrition Score:11.199130493662%

## Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 404.34kcal (20.22%), Fat: 17.58g (27.04%), Saturated Fat: 5.86g (36.64%), Carbohydrates: 41.66g (13.89%), Net Carbohydrates: 39.99g (14.54%), Sugar: 9.59g (10.65%), Cholesterol: 53.68mg (17.89%), Sodium: 589.18mg (25.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.21g (38.41%), Iron: 12.45mg (69.15%), Vitamin B12: 1.62µg (26.96%), Zinc: 3.27mg (21.77%), Selenium: 13.18µg (18.83%), Vitamin B3: 3.71mg (18.54%), Vitamin B6: 0.3mg (14.82%), Potassium: 504.87mg (14.42%), Phosphorus: 137.39mg (13.74%), Vitamin C: 6.76mg (8.19%), Vitamin B2: 0.13mg (7.55%), Fiber: 1.67g (6.7%), Magnesium: 21.01mg (5.25%), Vitamin A: 225.35IU (4.51%), Manganese: 0.09mg (4.3%), Vitamin B5: 0.38mg (3.84%), Copper: 0.08mg (3.82%), Vitamin B1: 0.06mg (3.73%), Vitamin E: 0.56mg (3.72%), Vitamin K: 3.15µg (3%), Calcium: 27.88mg (2.79%), Folate: 5.8µg (1.45%)