



BBQ Sloppy Joe Burgers

READY IN



60 min.

SERVINGS



6

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large onion cut into 1/4-inch rings
- 1 cup buttermilk
- 1 eggs
- 0.3 cup panko bread crumbs crispy
- 0.3 cup breadcrumbs plain
- 0.3 cornflakes crushed
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 1 lb ground beef 80% lean (at least)

- 0.3 cup onion chopped
- 1 box hawaiian rolls
- 1.7 cups milk
- 1.3 cups water hot
- 0.3 cup barbecue sauce
- 0.5 cup corn frozen (from 12-oz bag)
- 6 hawaiian rolls split

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Place onion rings in medium bowl; pour buttermilk over onions.
- Let soak 30 minutes.
- Heat oven to 400°F. Spray cookie sheet with cooking spray. In shallow bowl, beat egg. In another bowl, mix both bread crumbs, the cereal, salt and pepper.
- Drain onion rings, discarding buttermilk. Dip onion rings in egg, then coat with crumb mixture.
- Place on cookie sheet.
- Bake 10 to 13 minutes or until browned.
- Meanwhile, in 10-inch skillet, cook beef and chopped onion over medium-high heat 5 to 7 minutes, stirring frequently, until beef is thoroughly cooked and onion is tender; drain.
- Stir in uncooked pasta and sauce mix (from Hamburger Helper box), milk, hot water, barbecue sauce and corn.
- Heat to boiling, stirring occasionally; reduce heat. Cover; simmer about 10 minutes, stirring occasionally, until pasta is tender.
- Remove from heat.
- Let stand 5 minutes (sauce will thicken as it stands).

To serve, spoon sloppy joe mixture onto bun bottoms; top each with 1 or 2 onion rings. Cover with bun tops.

Nutrition Facts



PROTEIN 20.27% FAT 41.62% CARBS 38.11%

Properties

Glycemic Index:46.5, Glycemic Load:15.41, Inflammation Score:-5, Nutrition Score:18.524347927259%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg

Nutrients (% of daily need)

Calories: 472.53kcal (23.63%), Fat: 21.71g (33.4%), Saturated Fat: 8.56g (53.53%), Carbohydrates: 44.72g (14.91%), Net Carbohydrates: 42.45g (15.44%), Sugar: 14.27g (15.85%), Cholesterol: 93.49mg (31.16%), Sodium: 731.94mg (31.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.79g (47.59%), Selenium: 30.89µg (44.13%), Vitamin B12: 2.35µg (39.25%), Phosphorus: 319.27mg (31.93%), Vitamin B3: 6.08mg (30.41%), Vitamin B1: 0.45mg (29.95%), Vitamin B2: 0.5mg (29.53%), Zinc: 4.31mg (28.76%), Calcium: 240.53mg (24.05%), Manganese: 0.44mg (21.89%), Vitamin B6: 0.42mg (21.2%), Iron: 3.81mg (21.16%), Folate: 73.28µg (18.32%), Potassium: 557.51mg (15.93%), Magnesium: 49.76mg (12.44%), Vitamin B5: 1.05mg (10.49%), Vitamin D: 1.49µg (9.93%), Fiber: 2.27g (9.09%), Copper: 0.17mg (8.59%), Vitamin A: 245.61IU (4.91%), Vitamin C: 3.98mg (4.82%), Vitamin K: 5.01µg (4.77%), Vitamin E: 0.68mg (4.51%)