



BBQ Sloppy Joes

READY IN



20 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 2 carrots shredded
- 1 lb extra ground beef lean
- 4 hamburger buns whole wheat split toasted
- 0.3 cup onions chopped
- 1 bell pepper red chopped
- 0.5 cup milk sharp cheddar cheese shredded 2% kraft

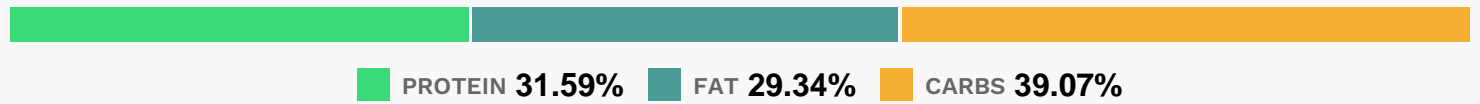
Equipment

frying pan

Directions

- Brown meat with onions, peppers and carrots in large nonstick skillet on medium heat, stirring frequently.
- Add barbecue sauce; cook 5 min. or until mixture is heated through and peppers are tender, stirring occasionally.
- Remove from heat; stir in cheese.
- Spoon evenly into buns.

Nutrition Facts



Properties

Glycemic Index:33.21, Glycemic Load:1.64, Inflammation Score:-10, Nutrition Score:28.2121739543%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 417.07kcal (20.85%), Fat: 13.57g (20.88%), Saturated Fat: 5.94g (37.1%), Carbohydrates: 40.65g (13.55%), Net Carbohydrates: 36.97g (13.44%), Sugar: 17.85g (19.83%), Cholesterol: 84.43mg (28.14%), Sodium: 764.18mg (33.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.87g (65.74%), Vitamin A: 6248.62IU (124.97%), Selenium: 38.61µg (55.16%), Vitamin C: 40.83mg (49.5%), Zinc: 6.99mg (46.59%), Vitamin B3: 9.06mg (45.33%), Vitamin B12: 2.69µg (44.91%), Phosphorus: 372.58mg (37.26%), Vitamin B6: 0.66mg (33.16%), Manganese: 0.6mg (30.22%), Iron: 4.97mg (27.6%), Vitamin B2: 0.45mg (26.47%), Potassium: 733.15mg (20.95%), Vitamin B1: 0.31mg (20.53%), Folate: 80.68µg (20.17%), Calcium: 179.06mg (17.91%), Magnesium: 61.44mg (15.36%), Fiber: 3.68g (14.72%), Vitamin B5: 1.26mg (12.56%), Copper: 0.24mg (11.88%), Vitamin E: 1.41mg (9.43%), Vitamin K: 8.24µg (7.85%), Vitamin D: 0.2µg (1.32%)