



Best Ever Sloppy Joes

READY IN



45 min.

SERVINGS



6

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 celery stalk diced
- ☐ 1 teaspoon cumin
- ☐ 1 large bell pepper diced green
- ☐ 2 pounds ground beef chuck
- ☐ 6 hamburger buns
- ☐ 1 large onion diced
- ☐ 1 cup cheddar cheese shredded
- ☐ 10.8 ounce all natural tomato soup canned
- ☐ 0.3 teaspoon worcestershire sauce

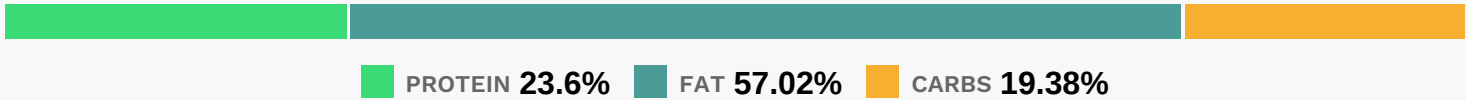
Equipment

- ☐ frying pan
- ☐ ladle

Directions

- ☐ Place a large skillet over medium heat. Crumble the ground beef into the skillet and cook until brown.
- ☐ Add the onion, pepper, and celery and cook until soft. Stir in the tomato soup, ground cumin, Worcestershire sauce, salt, and pepper; simmer until hot. Ladle meat onto hamburger buns; top with Cheddar cheese.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:14.65, Inflammation Score:-6, Nutrition Score:24.722608721775%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 614.11kcal (30.71%), Fat: 38.61g (59.4%), Saturated Fat: 15.63g (97.7%), Carbohydrates: 29.52g (9.84%), Net Carbohydrates: 26.85g (9.76%), Sugar: 7.18g (7.98%), Cholesterol: 126.18mg (42.06%), Sodium: 510.1mg (22.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.96g (71.91%), Vitamin B12: 3.52µg (58.69%), Selenium: 40.16µg (57.37%), Zinc: 7.56mg (50.38%), Vitamin B3: 9mg (44.99%), Phosphorus: 399.52mg (39.95%), Vitamin C: 29.14mg (35.32%), Vitamin B6: 0.7mg (34.89%), Iron: 5.48mg (30.44%), Vitamin B2: 0.48mg (28.07%), Calcium: 251.68mg (25.17%), Vitamin B1: 0.37mg (24.77%), Manganese: 0.43mg (21.26%), Potassium: 718.04mg (20.52%), Folate: 69.34µg (17.33%), Magnesium: 57.4mg (14.35%), Copper: 0.27mg (13.48%), Vitamin E: 1.63mg (10.88%), Fiber: 2.67g (10.7%), Vitamin B5: 1.04mg (10.37%), Vitamin K: 10.27µg (9.78%), Vitamin A: 407.4IU (8.15%), Vitamin D: 0.26µg (1.76%)