



Campbell's Kitchen Souper Sloppy Joes

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce campbell's® condensed tomato soup canned
- ☐ 1 pound ground beef
- ☐ 6 sesame rolls white pepperidge farm®
- ☐ 0.3 cup water
- ☐ 1 tablespoon mustard yellow prepared

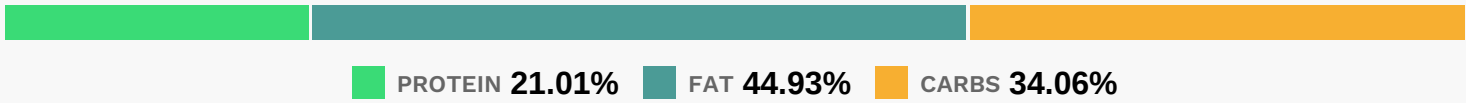
Equipment

- ☐ frying pan

Directions

- ☐ Cook beef in skillet until browned.
- ☐ Pour off fat.
- ☐ Add soup, water and mustard.
- ☐ Heat through.
- ☐ Serve on rolls.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:15.35, Inflammation Score:-4, Nutrition Score:12.963913088259%

Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 345.64kcal (17.28%), Fat: 17.09g (26.29%), Saturated Fat: 6.22g (38.9%), Carbohydrates: 29.16g (9.72%), Net Carbohydrates: 27.72g (10.08%), Sugar: 7.31g (8.12%), Cholesterol: 53.68mg (17.89%), Sodium: 480.08mg (20.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.98g (35.96%), Selenium: 25.27µg (36.11%), Vitamin B12: 1.7µg (28.38%), Vitamin B3: 5.42mg (27.11%), Zinc: 3.58mg (23.86%), Vitamin B1: 0.29mg (19.29%), Iron: 3.26mg (18.13%), Phosphorus: 180.82mg (18.08%), Manganese: 0.32mg (16.16%), Vitamin B6: 0.32mg (15.82%), Potassium: 545.17mg (15.58%), Vitamin B2: 0.25mg (14.55%), Folate: 45.42µg (11.35%), Vitamin C: 7.11mg (8.62%), Calcium: 83.28mg (8.33%), Magnesium: 31.04mg (7.76%), Copper: 0.12mg (6.06%), Fiber: 1.43g (5.72%), Vitamin K: 5.06µg (4.82%), Vitamin E: 0.61mg (4.04%), Vitamin A: 201.31IU (4.03%), Vitamin B5: 0.39mg (3.87%)