

Cheesy BBQ Ground Beef Sandwiches

 Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 5 hot dog sandwich rolls split
- 1 lb ground beef lean
- 0.3 cup onions finely chopped
- 0.3 cup pickled pepper rings
- 5 deli deluxe process american cheese kraft

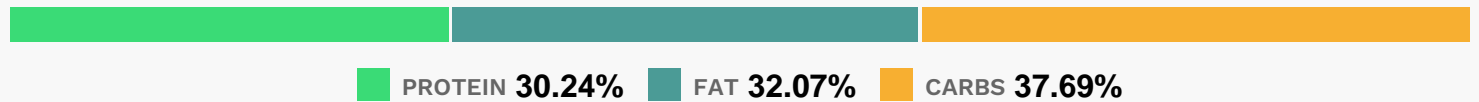
Equipment

- frying pan

Directions

- Brown meat in large skillet; drain.
- Stir in barbecue sauce and onions; cover. Simmer on low heat 10 min, stirring occasionally.
- Fill buns with meat mixture, cheese and pepper rings.

Nutrition Facts



Properties

Glycemic Index:23.2, Glycemic Load:13.1, Inflammation Score:-4, Nutrition Score:17.070869502814%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 373.16kcal (18.66%), Fat: 13.06g (20.1%), Saturated Fat: 6.21g (38.8%), Carbohydrates: 34.53g (11.51%), Net Carbohydrates: 33.37g (12.14%), Sugar: 13.4g (14.89%), Cholesterol: 77.25mg (25.75%), Sodium: 922.97mg (40.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.7g (55.41%), Selenium: 32µg (45.71%), Vitamin B12: 2.43µg (40.53%), Zinc: 5.51mg (36.75%), Phosphorus: 365.2mg (36.52%), Vitamin B3: 6.96mg (34.78%), Calcium: 300.09mg (30.01%), Iron: 3.95mg (21.94%), Vitamin B6: 0.42mg (21.24%), Vitamin B2: 0.34mg (19.98%), Vitamin B1: 0.28mg (18.76%), Manganese: 0.3mg (14.95%), Potassium: 471.49mg (13.47%), Folate: 48.26µg (12.06%), Magnesium: 39.71mg (9.93%), Copper: 0.15mg (7.48%), Vitamin B5: 0.72mg (7.24%), Vitamin A: 263.1IU (5.26%), Vitamin E: 0.77mg (5.11%), Fiber: 1.16g (4.63%), Vitamin K: 3.4µg (3.24%), Vitamin C: 1.32mg (1.6%), Vitamin D: 0.22µg (1.44%)