

Cheesy Onion-BBQ Ground Beef Sandwiches

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 1 lb extra-lean ground beef
- 5 hot dog sandwich rolls whole wheat split
- 0.3 cup onions finely chopped
- 0.3 cup pickled pepper rings drained
- 5 deli deluxe milk process american cheese 2% kraft

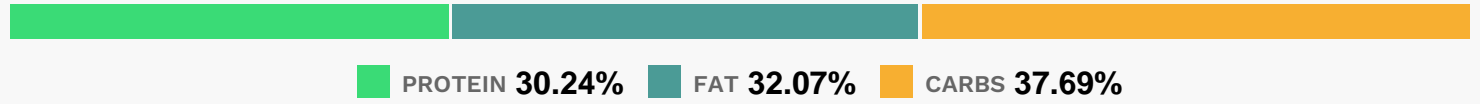
Equipment

- frying pan

Directions

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

Nutrition Facts



Properties

Glycemic Index:3.87, Glycemic Load:2.18, Inflammation Score:-1, Nutrition Score:2.8465217695288%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 62.19kcal (3.11%), Fat: 2.18g (3.35%), Saturated Fat: 1.03g (6.47%), Carbohydrates: 5.76g (1.92%), Net Carbohydrates: 5.56g (2.02%), Sugar: 2.23g (2.48%), Cholesterol: 12.87mg (4.29%), Sodium: 153.83mg (6.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.23%), Selenium: 5.33µg (7.62%), Vitamin B12: 0.41µg (6.76%), Zinc: 0.92mg (6.13%), Phosphorus: 60.87mg (6.09%), Vitamin B3: 1.16mg (5.8%), Calcium: 50.02mg (5%), Iron: 0.66mg (3.66%), Vitamin B6: 0.07mg (3.54%), Vitamin B2: 0.06mg (3.33%), Vitamin B1: 0.05mg (3.13%), Manganese: 0.05mg (2.49%), Potassium: 78.58mg (2.25%), Folate: 8.04µg (2.01%), Magnesium: 6.62mg (1.65%), Copper: 0.02mg (1.25%), Vitamin B5: 0.12mg (1.21%)