



Cornbread Topped Sloppy Joe Casserole

READY IN



60 min.

SERVINGS



6

CALORIES



488 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.5 cup onion chopped
- ☐ 15 oz tomato sauce canned
- ☐ 1 tablespoon brown sugar packed
- ☐ 2 teaspoons worcestershire sauce
- ☐ 1 teaspoon mustard yellow
- ☐ 6.5 oz just-add-water cornbread mix
- ☐ 0.3 cup milk
- ☐ 2 tablespoons vegetable oil

- ☐ 1 eggs
- ☐ 4 oz cheddar cheese shredded

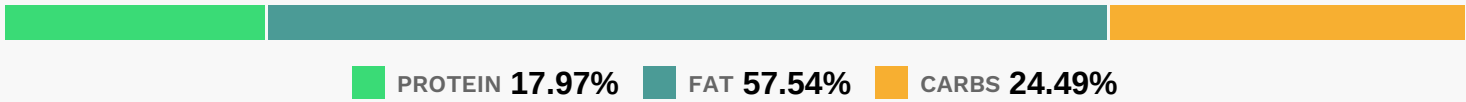
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. In 10-inch nonstick skillet, cook beef and onion over medium-high heat 5 to 7 minutes, stirring frequently, until brown; drain. Stir in tomato sauce, brown sugar, Worcestershire sauce and mustard. Cook 2 to 3 minutes, stirring frequently, until boiling; keep warm.
- ☐ In small bowl, stir corn bread mix, milk, oil and egg just until moistened (batter will be lumpy).
- ☐ Spoon hot beef mixture into 8-inch square (2-quart) glass baking dish.
- ☐ Sprinkle with 3/4 cup of the cheese. Spoon corn bread batter evenly over top.
- ☐ Bake 25 to 35 minutes or until toothpick inserted in center of topping comes out clean.
- ☐ Sprinkle remaining 1/4 cup cheese over hot casserole.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:1.86, Inflammation Score:-6, Nutrition Score:16.674782670063%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 488.19kcal (24.41%), Fat: 31.21g (48.02%), Saturated Fat: 11.59g (72.43%), Carbohydrates: 29.89g (9.96%), Net Carbohydrates: 26.57g (9.66%), Sugar: 12.23g (13.59%), Cholesterol: 102.1mg (34.03%), Sodium: 812.94mg (35.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.94g (43.87%), Phosphorus: 409.58mg (40.96%), Vitamin B12: 1.98µg (33.07%), Selenium: 21.73µg (31.04%), Zinc: 4.37mg (29.11%), Vitamin B3: 4.99mg (24.95%), Vitamin B2: 0.38mg (22.58%), Calcium: 202.83mg (20.28%), Vitamin B6: 0.4mg (20.21%), Iron: 3.24mg (17.98%), Potassium: 533.7mg (15.25%), Vitamin B1: 0.21mg (13.72%), Fiber: 3.32g (13.29%), Vitamin E: 1.98mg (13.22%), Vitamin K: 13.82µg (13.16%), Folate: 50.42µg (12.6%), Vitamin A: 595.58IU (11.91%), Manganese: 0.21mg (10.33%), Magnesium: 40.64mg (10.16%), Vitamin B5: 1.01mg (10.09%), Copper: 0.18mg (8.81%), Vitamin C: 6.24mg (7.57%), Vitamin D: 0.48µg (3.23%)