



Easy BBQ

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

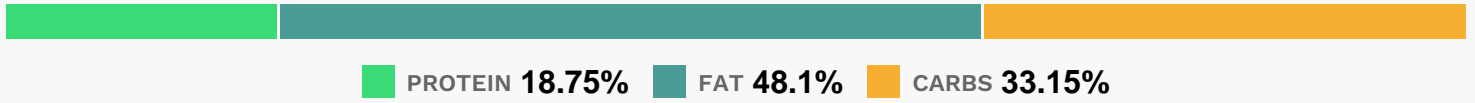
DINNER

Ingredients

- 1 tablespoon apple cider vinegar
- 0.5 cup brown sugar
- 0.5 cup brown sugar
- 1 cup catsup
- 2 lbs ground beef
- 0.3 cup mustard
- 0.3 cup water

Equipment

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:11.42652173913%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 427.97kcal (21.4%), Fat: 22.97g (35.34%), Saturated Fat: 8.72g (54.53%), Carbohydrates: 35.63g (11.88%), Net Carbohydrates: 35.2g (12.8%), Sugar: 33.18g (36.87%), Cholesterol: 80.51mg (26.84%), Sodium: 441.83mg (19.21%), Protein: 20.15g (40.29%), Vitamin B12: 2.43µg (40.45%), Zinc: 4.85mg (32.34%), Selenium: 20.2µg (28.85%), Vitamin B3: 5.3mg (26.48%), Vitamin B6: 0.43mg (21.52%), Phosphorus: 196.62mg (19.66%), Iron: 2.63mg (14.6%), Vitamin B2: 0.22mg (13.1%), Potassium: 440.09mg (12.57%), Magnesium: 29.56mg (7.39%), Vitamin B5: 0.64mg (6.43%), Vitamin E: 0.93mg (6.2%), Copper: 0.11mg (5.73%), Calcium: 52.99mg (5.3%), Manganese: 0.1mg (4.79%), Vitamin B1: 0.07mg (4.45%), Vitamin A: 159.42IU (3.19%), Vitamin K: 3.06µg (2.91%), Folate: 11.46µg (2.86%), Fiber: 0.42g (1.7%), Vitamin C: 1.26mg (1.53%)