



## Easy Cheesy Barbecued Sloppy Joes

READY IN



30 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup original barbecue sauce kraft
- 1 bell pepper green chopped
- 4 hamburger buns
- 4 singles kraft
- 1 lb ground beef lean
- 0.3 cup onions chopped

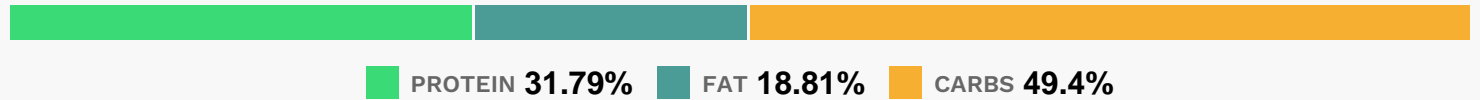
### Equipment

- frying pan

## Directions

- Brown meat in large skillet; drain.
- Add vegetables; cook and stir 5 min. or until crisp-tender.
- Stir in barbecue sauce; cook 5 min. or until heated through, stirring occasionally.
- Fill buns with meat mixture and Singles.

## Nutrition Facts



## Properties

Glycemic Index:24.75, Glycemic Load:13.17, Inflammation Score:-5, Nutrition Score:19.419565231904%

## Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg

## Nutrients (% of daily need)

Calories: 378.99kcal (18.95%), Fat: 7.76g (11.94%), Saturated Fat: 2.97g (18.54%), Carbohydrates: 45.85g (15.28%), Net Carbohydrates: 43.92g (15.97%), Sugar: 22.14g (24.6%), Cholesterol: 70.47mg (23.49%), Sodium: 853.87mg (37.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.51g (59.02%), Selenium: 32.17µg (45.96%), Vitamin B12: 2.63µg (43.77%), Vitamin B3: 8.5mg (42.51%), Zinc: 6.26mg (41.72%), Vitamin C: 25.54mg (30.96%), Phosphorus: 296.76mg (29.68%), Vitamin B6: 0.59mg (29.52%), Iron: 4.64mg (25.78%), Vitamin B1: 0.31mg (20.92%), Vitamin B2: 0.35mg (20.83%), Manganese: 0.37mg (18.29%), Potassium: 638.25mg (18.24%), Folate: 52.04µg (13.01%), Magnesium: 45.78mg (11.45%), Calcium: 102.22mg (10.22%), Copper: 0.2mg (9.82%), Vitamin B5: 0.86mg (8.58%), Fiber: 1.93g (7.74%), Vitamin E: 0.97mg (6.5%), Vitamin K: 5.61µg (5.34%), Vitamin A: 252.49IU (5.05%)