



Easy Sloppy Joe

READY IN



25 min.

SERVINGS



25

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 tsp chili powder
- 6 hamburger buns
- 6 singles kraft
- 1 lb ground beef lean
- 1 onion chopped
- 12 slices oscar mayer center cut bacon cooked
- 1 large tomatoes chopped
- 0.5 cup heinz tomato ketchup

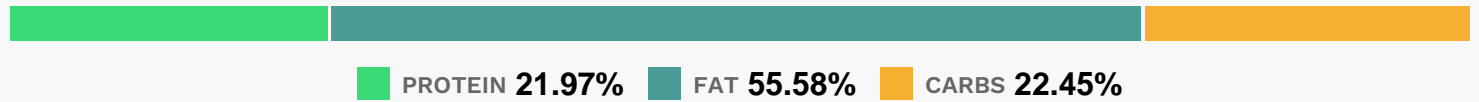
Equipment

frying pan

Directions

- Brown meat in large skillet; drain.
- Add onions; cook 5 min. or until crisp-tender, stirring occasionally.
- Add ketchup and chili powder; mix well. Stir in tomatoes; cook 5 min. or until heated through, stirring occasionally.
- Fill buns with meat mixture, Singles and bacon.

Nutrition Facts



Properties

Glycemic Index:5.08, Glycemic Load:3.26, Inflammation Score:-2, Nutrition Score:4.5530434872793%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 134.13kcal (6.71%), Fat: 8.2g (12.62%), Saturated Fat: 2.8g (17.5%), Carbohydrates: 7.46g (2.49%), Net Carbohydrates: 7.07g (2.57%), Sugar: 2.17g (2.41%), Cholesterol: 22.69mg (7.56%), Sodium: 225.43mg (9.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.3g (14.6%), Selenium: 9.5µg (13.58%), Vitamin B3: 2.25mg (11.23%), Vitamin B12: 0.51µg (8.56%), Zinc: 1.24mg (8.26%), Phosphorus: 77.88mg (7.79%), Vitamin B1: 0.12mg (7.77%), Vitamin B6: 0.14mg (7.17%), Iron: 0.91mg (5.07%), Vitamin B2: 0.09mg (5.03%), Potassium: 148.37mg (4.24%), Manganese: 0.08mg (4.02%), Folate: 12.98µg (3.25%), Magnesium: 10.38mg (2.6%), Vitamin B5: 0.23mg (2.27%), Vitamin A: 113.06IU (2.26%), Calcium: 21.7mg (2.17%), Copper: 0.04mg (2.16%), Vitamin C: 1.65mg (2.01%), Vitamin E: 0.28mg (1.89%), Fiber: 0.38g (1.53%), Vitamin K: 1.34µg (1.28%)