



Easy Sloppy Joe Bake

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 eggs
- 2 pound ground beef
- 31 ounces sauce canned
- 1 cup milk
- 1 cup onion chopped
- 8 ounces cheddar cheese shredded
- 2 cups frangelico
- 2 cups frangelico

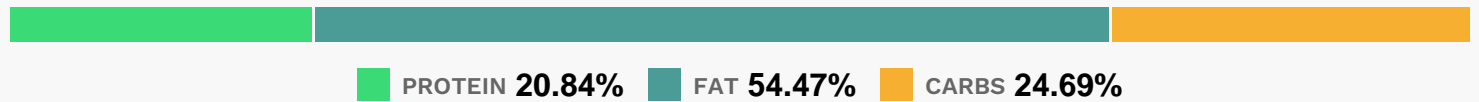
Equipment

- frying pan
- oven
- aluminum foil

Directions

- Heat oven to 40
- Cook beef and onions in ovenproof 12-inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain. Stir in sloppy joe sauce.
- Sprinkle with cheese.
- Stir remaining ingredients until blended.
- Pour over beef mixture. If skillet is not ovenproof, cover handle with aluminum foil.
- Bake uncovered about 30 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:0.76, Inflammation Score:-3, Nutrition Score:10.223478361316%

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: 386.5kcal (19.32%), Fat: 22.98g (35.35%), Saturated Fat: 10.04g (62.77%), Carbohydrates: 23.43g (7.81%), Net Carbohydrates: 23.21g (8.44%), Sugar: 18.55g (20.61%), Cholesterol: 102.29mg (34.1%), Sodium: 1071.76mg (46.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.78g (39.56%), Vitamin B12: 1.99µg (33.22%), Selenium: 19.39µg (27.7%), Zinc: 4.05mg (27.03%), Phosphorus: 244.93mg (24.49%), Calcium: 179.41mg (17.94%), Vitamin B3: 3.25mg (16.24%), Vitamin B2: 0.26mg (15.32%), Vitamin B6: 0.3mg (14.9%), Iron: 1.65mg (9.18%), Potassium: 278.76mg (7.96%), Vitamin B5: 0.66mg (6.62%), Magnesium: 22.61mg (5.65%), Vitamin A: 262.18IU (5.24%), Vitamin B1: 0.06mg (3.9%), Folate: 15.24µg (3.81%), Vitamin D: 0.56µg (3.73%), Vitamin E: 0.54mg (3.61%),

Copper: 0.06mg (3.15%), Vitamin K: 1.95µg (1.86%), Manganese: 0.03mg (1.48%), Vitamin C: 0.99mg (1.2%)