

Easy Sloppy Joes

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1 cup celery chopped
- ☐ 1 cup onion chopped (1 large)
- ☐ 0.5 teaspoon salt
- ☐ 19 oz all natural tomato soup hearty canned
- ☐ 2 tablespoons mustard yellow
- ☐ 8 hawaiian rolls

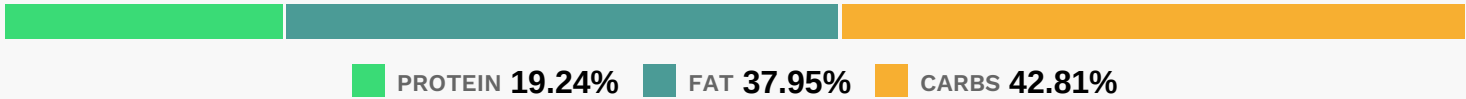
Equipment

☐ frying pan

Directions

- ☐ In 10-inch nonstick skillet, cook beef, celery and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
- ☐ Reduce heat to medium. Stir in salt, soup and mustard. Cook 10 to 15 minutes longer, stirring occasionally, until mixture is bubbly and vegetables are tender. Spoon mixture into buns.

Nutrition Facts



Properties

Glycemic Index:23.69, Glycemic Load:16.83, Inflammation Score:-5, Nutrition Score:13.201739160911%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 320.48kcal (16.02%), Fat: 13.49g (20.75%), Saturated Fat: 4.81g (30.08%), Carbohydrates: 34.23g (11.41%), Net Carbohydrates: 32.01g (11.64%), Sugar: 9.74g (10.82%), Cholesterol: 40.26mg (13.42%), Sodium: 701.74mg (30.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.39g (30.77%), Selenium: 23.65µg (33.78%), Vitamin B3: 4.86mg (24.28%), Vitamin B12: 1.3µg (21.66%), Vitamin B1: 0.31mg (20.34%), Manganese: 0.39mg (19.56%), Zinc: 2.88mg (19.2%), Potassium: 651.62mg (18.62%), Iron: 3.1mg (17.22%), Phosphorus: 166.77mg (16.68%), Vitamin B6: 0.3mg (15.2%), Vitamin B2: 0.24mg (13.93%), Vitamin C: 11.13mg (13.49%), Folate: 53µg (13.25%), Calcium: 92.98mg (9.3%), Fiber: 2.22g (8.87%), Vitamin K: 9.07µg (8.64%), Magnesium: 34.15mg (8.54%), Copper: 0.13mg (6.51%), Vitamin A: 324.11IU (6.48%), Vitamin E: 0.63mg (4.19%), Vitamin B5: 0.35mg (3.52%)