



Good and Easy Sloppy Joes



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 12 ounce chili sauce
- ☐ 1 pound ground beef
- ☐ 2 tablespoons mustard
- ☐ 1 tablespoon vinegar

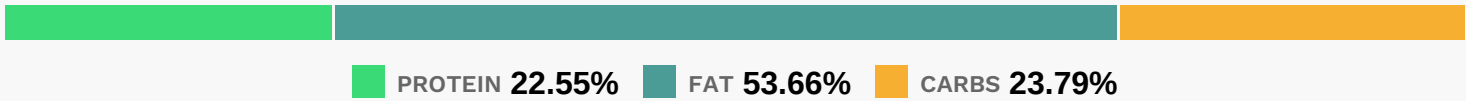
Equipment

- ☐ frying pan
- ☐ stove

Directions

- ☐
- Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly, 7 to 10 minutes; drain and discard grease. Return skillet and beef to stove and reduce heat to medium-low.
- ☐
- Stir chili sauce, mustard, brown sugar, and vinegar into the ground beef; simmer until the sauce thickens, 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:9.6939130295878%

Nutrients (% of daily need)

Calories: 262.91kcal (13.15%), Fat: 15.46g (23.78%), Saturated Fat: 5.84g (36.49%), Carbohydrates: 15.42g (5.14%), Net Carbohydrates: 13.84g (5.03%), Sugar: 11.49g (12.77%), Cholesterol: 53.68mg (17.89%), Sodium: 866.59mg (37.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.62g (29.23%), Vitamin B12: 1.62µg (26.96%), Zinc: 3.28mg (21.89%), Vitamin B3: 4.14mg (20.68%), Selenium: 13.72µg (19.61%), Vitamin B6: 0.34mg (17%), Phosphorus: 154.6mg (15.46%), Potassium: 426.78mg (12.19%), Iron: 2.03mg (11.27%), Vitamin C: 9.09mg (11.02%), Vitamin E: 1.42mg (9.44%), Vitamin B2: 0.15mg (9.11%), Vitamin A: 389.1IU (7.78%), Fiber: 1.58g (6.3%), Copper: 0.13mg (6.28%), Vitamin B1: 0.09mg (6.2%), Magnesium: 22.44mg (5.61%), Vitamin K: 4.38µg (4.18%), Vitamin B5: 0.4mg (4%), Calcium: 31.58mg (3.16%), Folate: 10.78µg (2.7%), Manganese: 0.03mg (1.62%)