



Healthier Sloppy Joes II

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



6

CALORIES



156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 2 carrots finely chopped
- 2 cloves garlic minced
- 0.3 cup bell pepper green chopped
- 6 servings salt and ground pepper black to taste
- 0.8 cup catsup
- 1 pound ground beef lean
- 0.3 cup onion chopped

1 teaspoon mustard yellow prepared

Equipment

frying pan

Directions

Heat skillet over medium-high heat; cook and stir beef, onion, green bell pepper, carrots, and garlic until beef is browned, about 10 minutes.

Drain off liquids.

Stir in mustard, ketchup, and brown sugar and mix thoroughly. Reduce heat to low and simmer until sauce has thickened, about 30 minutes. Season with salt and pepper.

Nutrition Facts



PROTEIN 43.17% **FAT 22.45%** **CARBS 34.38%**

Properties

Glycemic Index:29.64, Glycemic Load:0.91, Inflammation Score:-9, Nutrition Score:13.021739109703%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 155.96kcal (7.8%), Fat: 3.91g (6.02%), Saturated Fat: 1.72g (10.77%), Carbohydrates: 13.48g (4.49%), Net Carbohydrates: 12.52g (4.55%), Sugar: 9.75g (10.83%), Cholesterol: 46.87mg (15.62%), Sodium: 346.39mg (15.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.93g (33.85%), Vitamin A: 3575.12IU (71.5%), Vitamin B12: 1.69µg (28.22%), Zinc: 3.99mg (26.57%), Vitamin B3: 4.83mg (24.17%), Vitamin B6: 0.41mg (20.39%), Selenium: 13.87µg (19.82%), Phosphorus: 170.45mg (17.04%), Potassium: 440.79mg (12.59%), Iron: 2.05mg (11.41%), Vitamin B2: 0.19mg (11.1%), Vitamin C: 8.23mg (9.98%), Magnesium: 25.26mg (6.32%), Manganese: 0.12mg (5.84%), Vitamin B5: 0.58mg (5.82%), Vitamin E: 0.81mg (5.42%), Copper: 0.11mg (5.27%), Vitamin K: 4.49µg (4.28%), Vitamin B1: 0.06mg (3.87%), Fiber: 0.96g (3.84%), Folate: 12.36µg (3.09%), Calcium: 24.61mg (2.46%)