



Homemade Sloppy Joes

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tsp chili powder
- 4 hamburger buns split
- 0.3 cup a.1. original sauce
- 1 lb ground beef lean
- 1 medium onion chopped
- 0.3 cup water

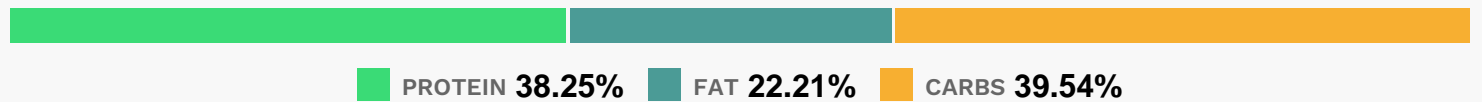
Equipment

- frying pan

Directions

- Cook and stir meat and onion in large skillet on medium heat until meat is browned and onion is tender; drain.
- Stir in steak sauce, water and chili powder; bring to boil. Reduce heat to medium-low; simmer 5 minutes, stirring occasionally.
- Serve in buns.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:13.44, Inflammation Score:-5, Nutrition Score:16.698260804881%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 312.28kcal (15.61%), Fat: 7.49g (11.53%), Saturated Fat: 2.94g (18.39%), Carbohydrates: 30.03g (10.01%), Net Carbohydrates: 28.55g (10.38%), Sugar: 8.9g (9.89%), Cholesterol: 70.31mg (23.44%), Sodium: 536.76mg (23.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.05g (58.1%), Selenium: 31.7µg (45.29%), Vitamin B12: 2.63µg (43.77%), Zinc: 6.16mg (41.09%), Vitamin B3: 8.14mg (40.69%), Phosphorus: 277.96mg (27.8%), Vitamin B6: 0.52mg (25.94%), Iron: 4.35mg (24.16%), Vitamin B1: 0.29mg (19.62%), Vitamin B2: 0.32mg (19.06%), Manganese: 0.3mg (14.8%), Potassium: 498.13mg (14.23%), Folate: 51.5µg (12.88%), Magnesium: 38.74mg (9.69%), Calcium: 81.12mg (8.11%), Copper: 0.15mg (7.7%), Vitamin B5: 0.77mg (7.68%), Fiber: 1.48g (5.91%), Vitamin E: 0.7mg (4.64%), Vitamin A: 201.12IU (4.02%), Vitamin C: 2.6mg (3.15%), Vitamin K: 3.23µg (3.07%)