



## Hot And Spicy Sloppy Joes

READY IN



370 min.

SERVINGS



8

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons brown sugar
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- 2 tablespoons jalapeño peppers canned chopped
- 0.5 cup catsup
- 2 teaspoons chili powder
- 1 clove garlic minced
- 1.5 lbs ground beef
- 8 hawaiian rolls
- 1 tablespoon mustard prepared

- 1 cup onion chopped
- 1 cheese shredded
- 6 ounce canned tomatoes hot-style canned
- 0.5 cup water
- 1 teaspoon worcestershire sauce

## Equipment

## Nutrition Facts

**PROTEIN 20.13%** **FAT 43.5%** **CARBS 36.37%**

## Properties

Glycemic Index:27, Glycemic Load:13.77, Inflammation Score:-5, Nutrition Score:14.632608695652%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg 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: 393.49kcal (19.67%), Fat: 18.97g (29.19%), Saturated Fat: 6.94g (43.39%), Carbohydrates: 35.69g (11.9%), Net Carbohydrates: 33.8g (12.29%), Sugar: 14.13g (15.69%), Cholesterol: 60.48mg (20.16%), Sodium: 517.94mg (22.52%), Protein: 19.76g (39.51%), Selenium: 25.69µg (36.69%), Vitamin B12: 1.91µg (31.81%), Vitamin B3: 5.98mg (29.92%), Zinc: 4.04mg (26.94%), Iron: 3.75mg (20.82%), Vitamin B1: 0.3mg (20.27%), Vitamin B6: 0.41mg (20.25%), Phosphorus: 199.99mg (20%), Vitamin B2: 0.3mg (17.86%), Manganese: 0.36mg (17.76%), Folate: 55.05µg (13.76%), Potassium: 448.71mg (12.82%), Calcium: 102.25mg (10.23%), Magnesium: 35.47mg (8.87%), Copper: 0.18mg (8.8%), Vitamin E: 1.17mg (7.79%), Fiber: 1.89g (7.56%), Vitamin A: 317.05IU (6.34%), Vitamin C: 5.09mg (6.16%), Vitamin K: 6.15µg (5.85%), Vitamin B5: 0.55mg (5.48%)