



Loose Meat Sandwiches

 Dairy Free

READY IN



50 min.

SERVINGS



5

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 small dill pickle
- ☐ 1 pound ground round
- ☐ 14 ounce low-salt beef broth canned
- ☐ 0.3 cup mustard prepared
- ☐ 1.3 cups onion divided finely chopped
- ☐ 0.3 teaspoon pepper
- ☐ 7.5 ounce wheat hamburger buns light

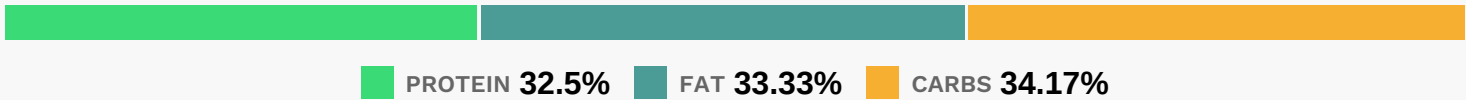
Equipment

☐ frying pan

Directions

- ☐ Cook beef in a large nonstick skillet over medium-high heat until browned; stir to crumble.
- ☐ Drain well; return meat to pan.
- ☐ Add 3/4 cup chopped onion and broth to pan; bring to a boil. Reduce heat, and simmer 25 minutes or until liquid is absorbed.
- ☐ Remove from heat; stir in pepper.
- ☐ Spread mustard evenly over bottom and top half of each bun. Arrange pickle slices on bottom halves of buns; top evenly with 1/2 cup onion. Spoon 1/2 cup meat mixture onto bottom half of each bun; top with remaining halves.

Nutrition Facts



Properties

Glycemic Index:30.6, Glycemic Load:13.61, Inflammation Score:-4, Nutrition Score:15.206522053998%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 307.95kcal (15.4%), Fat: 11.23g (17.27%), Saturated Fat: 4.09g (25.59%), Carbohydrates: 25.9g (8.63%), Net Carbohydrates: 23.83g (8.66%), Sugar: 5.06g (5.62%), Cholesterol: 58.97mg (19.66%), Sodium: 610.6mg (26.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.64g (49.27%), Selenium: 31.06µg (44.38%), Vitamin B12: 2.09µg (34.83%), Vitamin B3: 6.5mg (32.52%), Zinc: 4.81mg (32.08%), Phosphorus: 236.2mg (23.62%), Iron: 3.8mg (21.1%), Vitamin B6: 0.42mg (21.04%), Vitamin B1: 0.31mg (20.96%), Manganese: 0.36mg (18.19%), Vitamin B2: 0.29mg (17.12%), Potassium: 588.09mg (16.8%), Folate: 54.46µg (13.62%), Magnesium: 38.56mg (9.64%), Calcium: 93.39mg (9.34%), Fiber: 2.08g (8.3%), Copper: 0.14mg (6.98%), Vitamin B5: 0.63mg (6.31%), Vitamin C: 3.71mg (4.5%), Vitamin K: 4.45µg (4.24%), Vitamin E: 0.47mg (3.11%)