



Loosemeat Sandwiches

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup chicken stock see canned
- ☐ 1.3 pounds ground sirloin
- ☐ 0.5 skinned onion yellow finely chopped
- ☐ 4 servings salt and pepper
- ☐ 4 kaiser rolls split
- ☐ 1 teaspoon paprika sweet
- ☐ 1 tablespoon vegetable oil
- ☐ 1 teaspoon worcestershire sauce

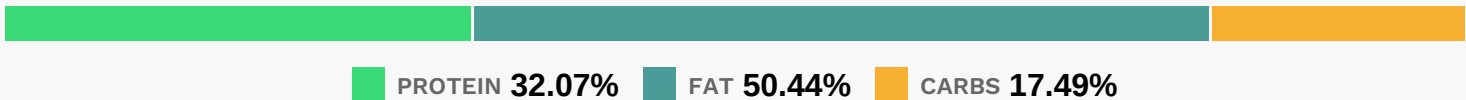
Equipment

- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Heat a medium skillet over medium high heat.
- ☐ Add oil and meat to the pan and brown the meat, breaking it up with the back of a wooden spoon as it cooks.
- ☐ Add chicken stock to the meat. Season the meat with paprika, Worcestershire, salt and pepper. When the liquid comes to a bubble, reduce heat to simmer. Cook meat 15 minutes, stirring occasionally.
- ☐ Pile meat into buns or rolls and top with raw finely chopped onions.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:13.17, Inflammation Score:-5, Nutrition Score:21.095217559649%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 557.66kcal (27.88%), Fat: 30.57g (47.04%), Saturated Fat: 10.37g (64.78%), Carbohydrates: 23.85g (7.95%), Net Carbohydrates: 22.66g (8.24%), Sugar: 3.92g (4.35%), Cholesterol: 122.01mg (40.67%), Sodium: 767.18mg (33.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.74g (87.48%), Selenium: 43.63µg (62.33%), Vitamin B12: 3.67µg (61.24%), Zinc: 7.99mg (53.29%), Vitamin B3: 9.69mg (48.47%), Phosphorus: 370.69mg (37.07%), Vitamin B6: 0.64mg (32.11%), Iron: 5.32mg (29.56%), Vitamin B2: 0.41mg (23.9%), Vitamin B1: 0.3mg (20.14%), Potassium: 592.54mg (16.93%), Manganese: 0.28mg (13.91%), Folate: 52.93µg (13.23%), Magnesium: 47.61mg (11.9%), Vitamin K: 11.81µg (11.25%), Calcium: 96.39mg (9.64%), Copper: 0.18mg (8.98%), Vitamin E: 1.23mg (8.21%), Vitamin B5: 0.81mg (8.08%), Vitamin A: 338.87IU (6.78%), Fiber: 1.18g (4.73%), Vitamin C: 1.78mg (2.15%), Vitamin D: 0.19µg (1.29%)