



Louisiana Sloppy Joes

 Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb ground beef 80% lean (at least)
- 1 cup celery chopped
- 1 cup bell pepper green chopped
- 0.5 cup onion chopped (1 medium)
- 19 oz all natural tomato soup hearty canned
- 10.8 oz filé powder canned
- 2 tablespoons dijon mustard
- 2 teaspoons cajun spice dried

12 hawaiian rolls split

Equipment

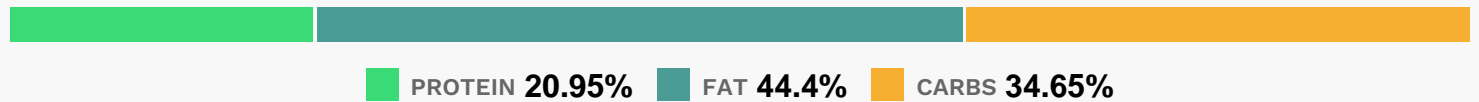
frying pan

Directions

In 12-inch nonstick skillet, cook ground beef, celery, bell pepper and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain.

Reduce heat to medium. Stir in all remaining ingredients except buns. Cook 15 to 20 minutes longer or until mixture is bubbly and vegetables are tender, stirring occasionally. Spoon beef mixture into buns.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:15.42, Inflammation Score:-5, Nutrition Score:14.509999959365%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 350.41kcal (17.52%), Fat: 17.17g (26.41%), Saturated Fat: 6.24g (39.01%), Carbohydrates: 30.14g (10.05%), Net Carbohydrates: 28.19g (10.25%), Sugar: 7.59g (8.43%), Cholesterol: 53.68mg (17.89%), Sodium: 467.39mg (20.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.23g (36.46%), Selenium: 25.32µg (36.17%), Vitamin B12: 1.7µg (28.4%), Vitamin B3: 5.52mg (27.6%), Zinc: 3.62mg (24.16%), Vitamin C: 17.1mg (20.73%), Vitamin B1: 0.3mg (20.17%), Iron: 3.39mg (18.83%), Phosphorus: 186.97mg (18.7%), Vitamin B6: 0.36mg (18.04%), Manganese: 0.36mg (17.77%), Potassium: 573.54mg (16.39%), Vitamin B2: 0.26mg (15.42%), Folate: 51.59µg (12.9%), Calcium: 89.84mg (8.98%), Vitamin A: 426.21IU (8.52%), Magnesium: 33.65mg (8.41%), Vitamin K: 8.58µg (8.17%), Fiber: 1.95g (7.8%), Copper: 0.13mg (6.67%), Vitamin E: 0.75mg (5.03%), Vitamin B5: 0.44mg (4.37%)