



Mini Sweet-and-Sour Sloppy Joes

 Dairy Free

READY IN



65 min.

SERVINGS



15

CALORIES



155 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 oz basil canned
- 1 tablespoon brown sugar
- 1 teaspoon chili powder
- 0.3 cup cider vinegar
- 13.9 oz dinner rolls toasted
- 1.5 pounds extra-lean ground beef
- 0.5 cup bell pepper green finely chopped
- 1 cup onion finely chopped

- 0.3 teaspoon salt
- 2 teaspoons worcestershire sauce

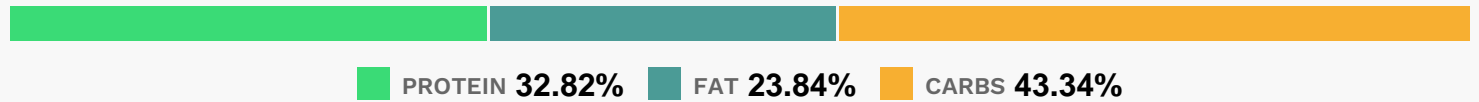
Equipment

- frying pan

Directions

- Cook ground beef in a large nonstick skillet coated with cooking spray over medium-high heat 10 minutes or until beef crumbles and is no longer pink.
- Remove meat from skillet, and drain well.
- Saut onion and bell pepper in skillet 5 minutes or until tender. Return meat to skillet; stir in tomato sauce and next 5 ingredients. Bring mixture to a boil; cover, reduce heat, and simmer, stirring occasionally, 30 minutes. Spoon mixture evenly into toasted dinner rolls, and serve immediately.
- Note: For testing purposes only, we used Pepperidge Farm Soft Dinner
- Rolls Country Style. They're about the size of a baseball.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:1.03, Inflammation Score:-4, Nutrition Score:10.132608789465%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 154.88kcal (7.74%), Fat: 4.1g (6.3%), Saturated Fat: 1.44g (9.02%), Carbohydrates: 16.76g (5.59%), Net Carbohydrates: 14.77g (5.37%), Sugar: 3.5g (3.88%), Cholesterol: 28.12mg (9.37%), Sodium: 434.94mg (18.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.69g (25.39%), Selenium: 16.93µg (24.19%), Vitamin B3: 4.07mg (20.34%), Zinc: 2.68mg (17.86%), Manganese: 0.35mg (17.72%), Vitamin B12: 1.02µg (16.93%), Iron: 2.57mg (14.26%), Phosphorus: 134.7mg (13.47%), Vitamin B6: 0.27mg (13.46%), Vitamin B2: 0.18mg (10.63%), Potassium:

359.12mg (10.26%), Vitamin B1: 0.15mg (10.12%), Vitamin C: 8.06mg (9.77%), Fiber: 1.99g (7.96%), Magnesium: 28.38mg (7.09%), Copper: 0.14mg (6.88%), Vitamin E: 0.95mg (6.31%), Folate: 24.75µg (6.19%), Calcium: 61.88mg (6.19%), Vitamin B5: 0.55mg (5.47%), Vitamin A: 255.16IU (5.1%), Vitamin K: 2.67µg (2.55%)