

My Sloppy Joes

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup carrots finely chopped
- 0.5 cup celery finely chopped
- 0.5 cup chili sauce
- 10.8 ounce chicken gumbo soup canned
- 0.5 cup bell pepper green finely chopped
- 1 pound ground beef
- 1 tablespoon olive oil
- 0.5 onion finely chopped

- 1 teaspoon onion salt
- 1 tablespoon mustard yellow prepared

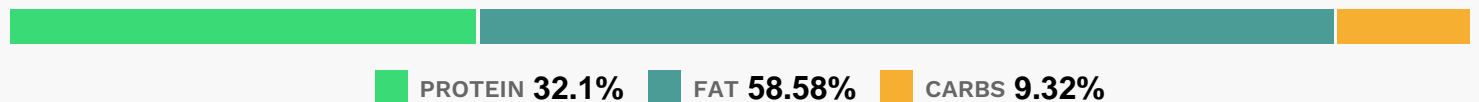
Equipment

- frying pan

Directions

- Heat olive oil in a large skillet over medium heat. Cook and stir beef in the hot oil until browned and crumbly, 5 to 7 minutes; drain and discard grease. Return skillet to heat.
- Stir onion, bell pepper, celery, and carrot into the ground beef; cook and stir until the vegetables are tender, 5 to 7 minutes; add chicken gumbo soup, chili sauce, yellow mustard, and onion salt. Reduce heat to medium-low, stir beef mixture, and simmer until the sauce thickens, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:36.96, Glycemic Load:0.91, Inflammation Score:-9, Nutrition Score:21.250869408898%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 511.16kcal (25.56%), Fat: 32.69g (50.29%), Saturated Fat: 10.95g (68.44%), Carbohydrates: 11.7g (3.9%), Net Carbohydrates: 9.52g (3.46%), Sugar: 6.55g (7.28%), Cholesterol: 118.61mg (39.54%), Sodium: 1545.42mg (67.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.31g (80.61%), Vitamin A: 3168.4IU (63.37%), Vitamin B12: 3.19µg (53.14%), Selenium: 32.82µg (46.88%), Zinc: 6.83mg (45.52%), Vitamin B3: 7.49mg (37.46%), Phosphorus: 333.88mg (33.39%), Vitamin B6: 0.66mg (32.89%), Vitamin C: 22.8mg (27.64%), Iron: 3.71mg (20.63%), Potassium: 691.48mg (19.76%), Vitamin B2: 0.3mg (17.4%), Vitamin K: 14.98µg (14.26%), Vitamin E: 2.09mg (13.95%), Magnesium: 46.21mg (11.55%), Copper: 0.18mg (9.21%), Fiber: 2.18g (8.72%), Vitamin B1: 0.12mg (7.78%), Vitamin B5: 0.69mg (6.91%), Folate: 24.86µg (6.21%), Calcium: 56.02mg (5.6%), Manganese: 0.1mg

(5.24%), Vitamin D: 0.19µg (1.26%)