

Neat Sloppy Joes

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar packed
- 1 cup celery chopped
- 10.8 ounce condensed tomato soup canned
- 0.3 teaspoon garlic powder
- 8 hamburger buns
- 0.3 cup catsup
- 2 pounds ground beef lean
- 0.5 cup onion chopped

- 0.5 teaspoon salt
- 1 tablespoon vinegar white
- 1.5 teaspoons worcestershire sauce

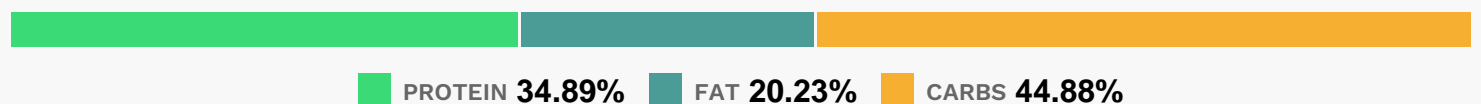
Equipment

- frying pan
- potato masher

Directions

- Place ground beef in a large skillet over medium heat. Cook until evenly browned, stirring to crumble. I like to use a potato masher to even out the lumps.
- Add onion and celery, cover the pan, and cook until tender and transparent, about 5 minutes.
- Drain off any grease.
- Stir the tomato soup (undiluted), ketchup, vinegar, brown sugar and Worcestershire sauce into the beef mixture. Season with salt and garlic powder.
- Heat to a simmer over low heat, and cook until thoroughly heated, stirring frequently to prevent it from burning on the bottom.
- Spoon the hot beef mixture onto buns, which may be toasted first, and serve.

Nutrition Facts



Properties

Glycemic Index:26.56, Glycemic Load:15.11, Inflammation Score:-5, Nutrition Score:18.16869570898%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 341.47kcal (17.07%), Fat: 7.56g (11.63%), Saturated Fat: 2.97g (18.55%), Carbohydrates: 37.73g (12.58%),
Net Carbohydrates: 36.14g (13.14%), Sugar: 15.24g (16.93%), Cholesterol: 70.31mg (23.44%), Sodium: 671.39mg
(29.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.33g (58.67%), Selenium: 32.84µg (46.92%), Vitamin
B12: 2.63µg (43.77%), Vitamin B3: 8.53mg (42.65%), Zinc: 6.21mg (41.39%), Phosphorus: 289.07mg (28.91%),
Vitamin B6: 0.54mg (27.1%), Iron: 4.59mg (25.48%), Potassium: 746.74mg (21.34%), Vitamin B1: 0.31mg (20.35%),
Vitamin B2: 0.34mg (20%), Manganese: 0.34mg (17.09%), Folate: 53.41µg (13.35%), Magnesium: 44.4mg (11.1%),
Calcium: 92.75mg (9.27%), Copper: 0.17mg (8.71%), Vitamin C: 7.06mg (8.56%), Vitamin B5: 0.78mg (7.85%),
Vitamin K: 7.6µg (7.24%), Fiber: 1.6g (6.38%), Vitamin A: 246.01IU (4.92%), Vitamin E: 0.71mg (4.74%)