



Pizza Joes

READY IN



25 min.

SERVINGS



8

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 90% (at least)
- 1 cup onion coarsely chopped
- 1 cup bell pepper green coarsely chopped
- 2 cups tomato sauce (from two 15-oz jars or cans)
- 8 hawaiian rolls split toasted
- 4 oz mozzarella cheese shredded

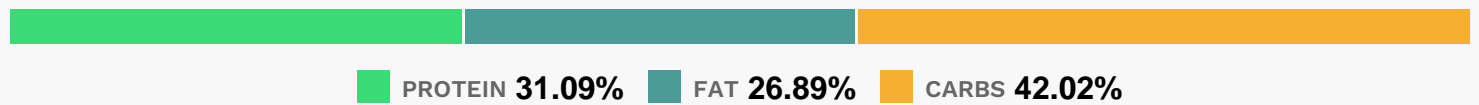
Equipment

- frying pan

Directions

- Heat 12-inch nonstick skillet over medium-high heat.
- Add beef, onion and bell pepper; cook 7 to 9 minutes, stirring occasionally, until beef is thoroughly cooked.
- Stir in pizza sauce. Reduce heat to medium; simmer uncovered about 5 minutes or until thoroughly heated.
- Fill buns with beef mixture and cheese.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:14.48, Inflammation Score:-6, Nutrition Score:15.716956418494%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 266.6kcal (13.33%), Fat: 7.92g (12.18%), Saturated Fat: 3.55g (22.16%), Carbohydrates: 27.84g (9.28%), Net Carbohydrates: 25.49g (9.27%), Sugar: 6.75g (7.5%), Cholesterol: 46.35mg (15.45%), Sodium: 630.4mg (27.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.6g (41.2%), Selenium: 24.44µg (34.91%), Vitamin B3: 5.65mg (28.23%), Vitamin B12: 1.68µg (27.99%), Vitamin C: 21.3mg (25.82%), Zinc: 3.81mg (25.38%), Phosphorus: 231.94mg (23.19%), Iron: 3.58mg (19.89%), Vitamin B1: 0.3mg (19.7%), Vitamin B6: 0.38mg (19.02%), Vitamin B2: 0.31mg (18.21%), Manganese: 0.36mg (18.09%), Calcium: 153.64mg (15.36%), Potassium: 503.12mg (14.37%), Folate: 55.42µg (13.86%), Magnesium: 38.25mg (9.56%), Fiber: 2.35g (9.4%), Copper: 0.18mg (9.13%), Vitamin A: 430.78IU (8.62%), Vitamin E: 1.26mg (8.38%), Vitamin B5: 0.62mg (6.16%), Vitamin K: 5.73µg (5.46%)