



## Pizza Sloppy Joes

READY IN



20 min.

SERVINGS



20

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup pasilla peppers green chopped
- 6 hamburger buns
- 1 lb ground beef lean
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 0.3 cup onions chopped
- 0.5 tsp oregano leaves dried
- 1 cup classico pizza sauce traditional

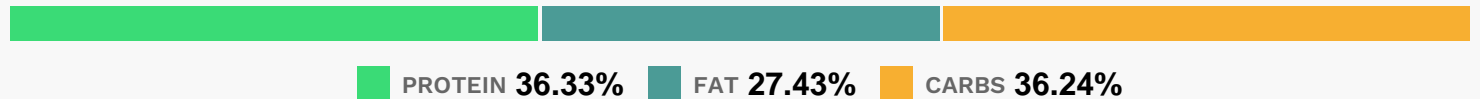
## Equipment

frying pan

## Directions

- Brown meat with peppers and onions in large skillet; drain.
- Add pizza sauce and oregano; stir. Simmer 3 to 4 min. or until heated through, stirring occasionally. Top with cheese; cover. Cook 1 min. or until melted; mix well.
- Fill buns with meat mixture.

## Nutrition Facts



## Properties

Glycemic Index:7.45, Glycemic Load:4.13, Inflammation Score:-2, Nutrition Score:4.9595652559529%

## Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

## Nutrients (% of daily need)

Calories: 85.89kcal (4.29%), Fat: 2.58g (3.96%), Saturated Fat: 1.19g (7.46%), Carbohydrates: 7.66g (2.55%), Net Carbohydrates: 7.13g (2.59%), Sugar: 1.61g (1.79%), Cholesterol: 17.65mg (5.88%), Sodium: 171.63mg (7.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.36%), Selenium: 8.35µg (11.92%), Vitamin B3: 1.93mg (9.67%), Vitamin B12: 0.58µg (9.66%), Zinc: 1.44mg (9.6%), Phosphorus: 88.56mg (8.86%), Calcium: 67.68mg (6.77%), Iron: 1.15mg (6.36%), Vitamin B6: 0.12mg (6.21%), Vitamin B2: 0.1mg (5.98%), Vitamin B1: 0.09mg (5.76%), Vitamin C: 4.17mg (5.05%), Manganese: 0.1mg (4.83%), Potassium: 145.3mg (4.15%), Folate: 15.73µg (3.93%), Magnesium: 11.78mg (2.94%), Copper: 0.05mg (2.53%), Fiber: 0.53g (2.13%), Vitamin E: 0.31mg (2.03%), Vitamin B5: 0.19mg (1.94%), Vitamin A: 94.7IU (1.89%), Vitamin K: 1.68µg (1.6%)