



Sassy Sloppy Joes

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup celery stalks chopped
- ☐ 0.3 cup bell pepper green chopped
- ☐ 6 hawaiian rolls split toasted
- ☐ 0.3 cup catsup
- ☐ 1 pound ground beef lean
- ☐ 0.5 cup onion chopped
- ☐ 0.1 teaspoon hot sauce red
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup water
- ☐ 1 tablespoon worcestershire sauce

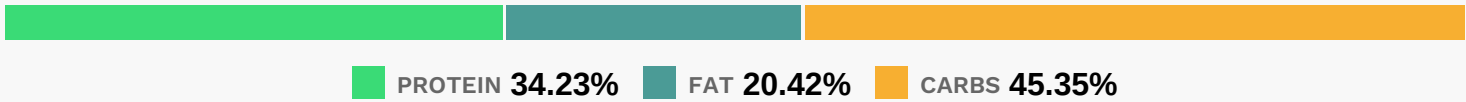
Equipment

- ☐ frying pan

Directions

- ☐ Cook beef and onion in 10–inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain. Stir in remaining ingredients except buns.
- ☐ Cover and cook over low heat 10 to 15 minutes or just until vegetables are tender. Fill buns with mixture.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:13.2, Inflammation Score:-4, Nutrition Score:13.701739041702%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 246.97kcal (12.35%), Fat: 5.51g (8.48%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 27.54g (9.18%), Net Carbohydrates: 26.27g (9.55%), Sugar: 7.09g (7.88%), Cholesterol: 46.87mg (15.62%), Sodium: 621.84mg (27.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.78g (41.56%), Selenium: 25.05µg (35.78%), Vitamin B3: 6.23mg (31.17%), Vitamin B12: 1.78µg (29.66%), Zinc: 4.23mg (28.21%), Phosphorus: 205.16mg (20.52%), Iron: 3.54mg (19.67%), Vitamin B6: 0.38mg (19.17%), Vitamin B1: 0.28mg (18.67%), Vitamin B2: 0.28mg (16.73%), Manganese: 0.29mg (14.61%), Folate: 51.01µg (12.75%), Potassium: 422.87mg (12.08%), Vitamin C: 9.35mg (11.34%), Calcium: 80.32mg (8.03%), Magnesium: 31.51mg (7.88%), Copper: 0.14mg (6.82%), Vitamin B5: 0.53mg (5.3%), Fiber: 1.27g (5.09%), Vitamin K: 5.03µg (4.79%), Vitamin E: 0.57mg (3.82%), Vitamin A: 127.29IU (2.55%)