



## Saucy Joes

READY IN



25 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 lb extra-lean ground beef
- 2 cloves garlic minced
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 onion chopped
- 1 cup classico family favorites pasta sauce traditional
- 4 ciabatta sandwich rolls split toasted

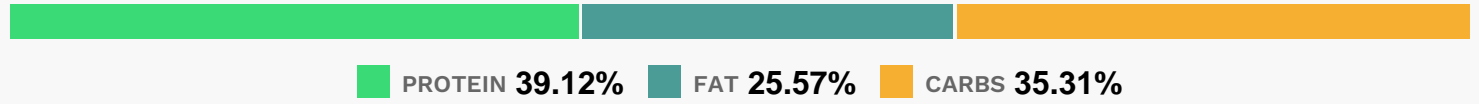
## Equipment

- frying pan

## Directions

- Brown meat with onions and garlic in large nonstick skillet on medium-high heat.
- Add pasta sauce; cook 3 min. or until heated through, stirring occasionally.
- Fill rolls with meat mixture and cheese.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:1.76, Inflammation Score:-5, Nutrition Score:17.032608742299%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

## Nutrients (% of daily need)

Calories: 382.65kcal (19.13%), Fat: 10.74g (16.52%), Saturated Fat: 5.65g (35.28%), Carbohydrates: 33.36g (11.12%), Net Carbohydrates: 31.32g (11.39%), Sugar: 3.68g (4.09%), Cholesterol: 88.23mg (29.41%), Sodium: 814.24mg (35.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.96g (73.93%), Vitamin B12: 2.77µg (46.16%), Zinc: 6.74mg (44.96%), Phosphorus: 380.98mg (38.1%), Selenium: 24.48µg (34.97%), Vitamin B3: 6.91mg (34.54%), Vitamin B6: 0.58mg (28.79%), Calcium: 246.78mg (24.68%), Iron: 3.43mg (19.07%), Vitamin B2: 0.32mg (18.61%), Potassium: 643.95mg (18.4%), Magnesium: 43.7mg (10.93%), Vitamin B5: 0.98mg (9.82%), Copper: 0.18mg (9%), Vitamin E: 1.25mg (8.3%), Vitamin C: 6.79mg (8.23%), Fiber: 2.03g (8.14%), Vitamin A: 400.58IU (8.01%), Manganese: 0.14mg (7.01%), Vitamin B1: 0.08mg (5.46%), Folate: 18.97µg (4.74%), Vitamin K: 2.64µg (2.51%), Vitamin D: 0.2µg (1.32%)