



Saucy Sloppy Joe

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 4 hamburger buns
- 1 lb ground beef lean
- 1 pepper and onion green finely chopped
- 0.5 cup water
- 4 oz velveeta cut into 1/2-inch cubes
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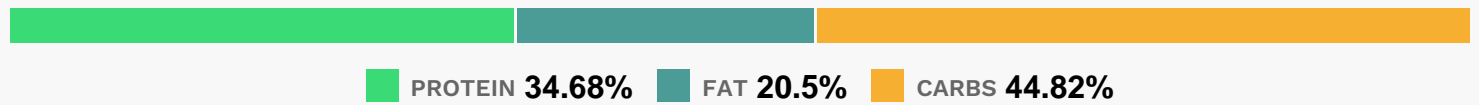
Equipment

frying pan

Directions

- Brown meat in large nonstick skillet on medium-high heat; drain.
- Add peppers and onions; cook 5 min., stirring occasionally.
- Stir in barbecue sauce, water and VELVEETA; cook 2 min. or until VELVEETA is melted and mixture is well blended, stirring frequently. Meanwhile, toast cut sides of buns.
- Fill buns with meat mixture just before serving.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:12.96, Inflammation Score:-5, Nutrition Score:18.606956471568%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 342.77kcal (17.14%), Fat: 7.63g (11.73%), Saturated Fat: 2.95g (18.42%), Carbohydrates: 37.51g (12.5%), Net Carbohydrates: 35.91g (13.06%), Sugar: 15.71g (17.46%), Cholesterol: 70.31mg (23.44%), Sodium: 657.86mg (28.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.03g (58.06%), Selenium: 31.89µg (45.56%), Vitamin B12: 2.63µg (43.77%), Vitamin B3: 8.38mg (41.92%), Zinc: 6.19mg (41.26%), Vitamin C: 24.69mg (29.93%), Vitamin B6: 0.57mg (28.25%), Phosphorus: 281.06mg (28.11%), Iron: 4.5mg (25.02%), Vitamin B1: 0.31mg (20.34%), Vitamin B2: 0.34mg (19.92%), Potassium: 579.82mg (16.57%), Manganese: 0.33mg (16.52%), Folate: 49.78µg (12.44%), Magnesium: 42.76mg (10.69%), Copper: 0.18mg (9.21%), Calcium: 87.79mg (8.78%), Vitamin B5: 0.82mg (8.16%), Fiber: 1.6g (6.41%), Vitamin E: 0.83mg (5.53%), Vitamin K: 5.25µg (5%), Vitamin A: 190.59IU (3.81%)