



## Simple Sloppy Joes

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup catsup
- 1 pound ground beef
- 1 onion chopped
- 1 teaspoon pepper
- 0.3 teaspoon salt
- 6 sandwich rolls
- 0.3 cup water
- 2 tablespoons worcestershire sauce

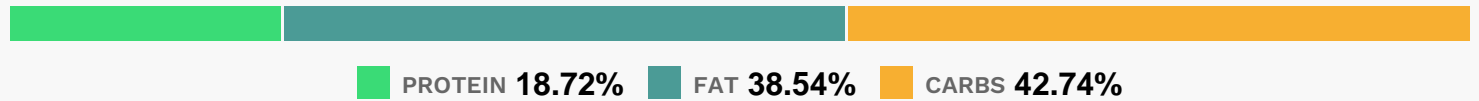
# Equipment

frying pan

# Directions

Cook ground chuck and onion in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink; drain. Stir in catsup, water, Worcestershire sauce, salt and pepper; simmer 20 minutes, stirring frequently. Spoon onto buns.

# Nutrition Facts



# Properties

Glycemic Index:9.83, Glycemic Load:0.42, Inflammation Score:-5, Nutrition Score:15.006087023279%

# Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

# Nutrients (% of daily need)

Calories: 411.96kcal (20.6%), Fat: 17.64g (27.14%), Saturated Fat: 6.16g (38.53%), Carbohydrates: 44.01g (14.67%), Net Carbohydrates: 42.19g (15.34%), Sugar: 10.88g (12.08%), Cholesterol: 53.68mg (17.89%), Sodium: 895.39mg (38.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.28g (38.55%), Selenium: 34.04µg (48.63%), Vitamin B3: 6.25mg (31.25%), Vitamin B12: 1.62µg (26.96%), Zinc: 3.81mg (25.41%), Vitamin B2: 0.38mg (22.51%), Vitamin B1: 0.32mg (21.48%), Iron: 3.85mg (21.38%), Phosphorus: 196.09mg (19.61%), Manganese: 0.38mg (18.79%), Vitamin B6: 0.35mg (17.52%), Folate: 67.04µg (16.76%), Potassium: 454.63mg (12.99%), Copper: 0.2mg (9.88%), Magnesium: 36.68mg (9.17%), Calcium: 85.87mg (8.59%), Vitamin E: 1.14mg (7.63%), Fiber: 1.83g (7.31%), Vitamin B5: 0.66mg (6.59%), Vitamin C: 3.73mg (4.53%), Vitamin A: 211.87IU (4.24%), Vitamin K: 3.58µg (3.41%)