



Sloppy Cheese Joes

READY IN



30 min.

SERVINGS



6

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 oz kidney beans rinsed mashed reduced-sodium canned
- 14.5 oz canned tomatoes crushed canned
- 1 tsp chili powder
- 0.8 lb extra-lean ground beef
- 6 multi-grain hamburger buns toasted
- 6 milk singles 2% kraft
- 1 small onion chopped

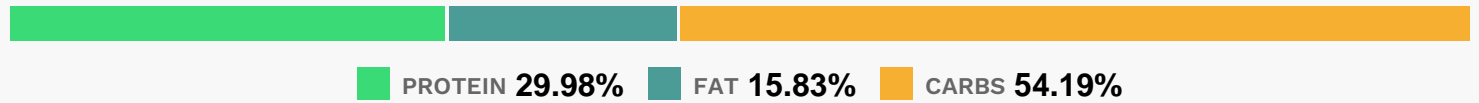
Equipment

frying pan

Directions

- Brown meat with onions in large nonstick skillet on medium heat. Stir in tomatoes and chili powder; simmer on medium–low heat 8 min., stirring occasionally.
- Stir in beans; cook 5 min. or until beans are heated through and meat mixture is thickened, stirring frequently.
- Serve in buns topped with 2% Milk Singles.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:18.27, Inflammation Score:-6, Nutrition Score:17.84695655885%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 287.24kcal (14.36%), Fat: 5.08g (7.81%), Saturated Fat: 1.75g (10.93%), Carbohydrates: 39.11g (13.04%), Net Carbohydrates: 32.67g (11.88%), Sugar: 8.12g (9.02%), Cholesterol: 35.23mg (11.74%), Sodium: 542.13mg (23.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.63g (43.26%), Selenium: 22.98µg (32.83%), Vitamin B3: 6.19mg (30.95%), Manganese: 0.61mg (30.58%), Iron: 4.76mg (26.46%), Vitamin B1: 0.4mg (26.34%), Phosphorus: 263.41mg (26.34%), Zinc: 3.9mg (25.98%), Fiber: 6.44g (25.75%), Vitamin B12: 1.36µg (22.69%), Vitamin B6: 0.44mg (21.82%), Potassium: 673.14mg (19.23%), Folate: 74.21µg (18.55%), Vitamin B2: 0.31mg (18.5%), Copper: 0.34mg (16.81%), Magnesium: 60.69mg (15.17%), Calcium: 117.61mg (11.76%), Vitamin C: 8.34mg (10.1%), Vitamin K: 9.49µg (9.04%), Vitamin E: 1.32mg (8.8%), Vitamin B5: 0.67mg (6.75%), Vitamin A: 282.41IU (5.65%)