



Sloppy Jo-Chos

 **Gluten Free**  **Low Fod Map**

READY IN



20 min.

SERVINGS



10

CALORIES



431 kcal

SIDE DISH

Ingredients

- 15 ounce nacho cheese dip
- 13.5 ounce tortilla chips
- 1 pound ground beef
- 15 ounce sloppy joe sauce canned

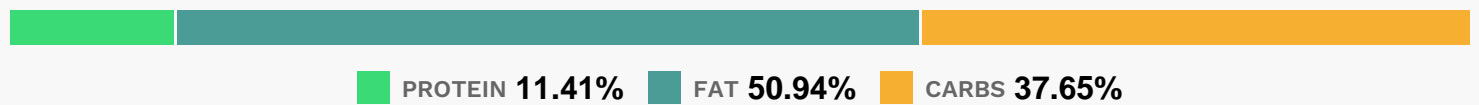
Equipment

- frying pan
- microwave

Directions

- Place the ground beef into a skillet over medium heat. Cook, stirring to crumble, until no longer pink.
- Drain off fat and stir sloppy joe sauce into the beef. Warm the nacho cheese dip in the microwave until liquid.
- Pile the tortilla chips onto a serving platter. Spoon the ground beef over them and pour the cheese sauce over the top.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:7.3078260441189%

Nutrients (% of daily need)

Calories: 431.08kcal (21.55%), Fat: 24.65g (37.92%), Saturated Fat: 6.26g (39.11%), Carbohydrates: 41g (13.67%), Net Carbohydrates: 38.94g (14.16%), Sugar: 11.82g (13.14%), Cholesterol: 36.03mg (12.01%), Sodium: 1015.34mg (44.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.42g (24.84%), Vitamin B12: 0.97µg (16.18%), Zinc: 2.42mg (16.16%), Phosphorus: 157.78mg (15.78%), Selenium: 8.49µg (12.13%), Vitamin B3: 2.24mg (11.19%), Vitamin B6: 0.22mg (10.75%), Vitamin E: 1.54mg (10.25%), Magnesium: 39.86mg (9.96%), Vitamin K: 8.82µg (8.4%), Fiber: 2.07g (8.27%), Iron: 1.46mg (8.12%), Calcium: 79.1mg (7.91%), Vitamin B5: 0.68mg (6.81%), Vitamin B2: 0.09mg (5.52%), Potassium: 192.12mg (5.49%), Vitamin B1: 0.07mg (4.87%), Vitamin A: 229.08IU (4.58%), Copper: 0.06mg (3.24%), Folate: 7.77µg (1.94%)