

Sloppy Joe bake



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g pack beef lean minced
- ☐ 2 onions roughly chopped
- ☐ 2 tsp olive oil
- ☐ 2 tsp ground cumin
- ☐ 1 tsp mild chilli powder
- ☐ 400 g tomatoes chopped canned
- ☐ 600 ml beef stock
- ☐ 1 slices garlic baguette split

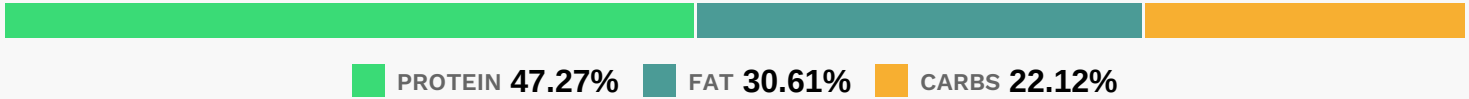
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Brown the mince in a non-stick pan for a few mins, then tip into a bowl. Whizz the onions in a food processor until finely chopped (or roughly grate if you dont have one). Tip into the pan with the oil, then cook for 2-3 mins until soft.
- ☐ Add the spices, cook for 1 min. Return the mince to the pan with the tomatoes and stock, then bring to a boil. Simmer for 20 mins.
- ☐ Heat oven to 200C/fan 180C/gas 6 and spoon the mince into an ovenproof dish. Arrange the baguette slices over the mince, then bake for 12 mins until the bread is crisp on top.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:3.22, Inflammation Score:-7, Nutrition Score:21.559999945371%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg

Nutrients (% of daily need)

Calories: 270.95kcal (13.55%), Fat: 9.29g (14.3%), Saturated Fat: 3.27g (20.45%), Carbohydrates: 15.11g (5.04%), Net Carbohydrates: 11.93g (4.34%), Sugar: 7.63g (8.47%), Cholesterol: 77.5mg (25.83%), Sodium: 530.82mg (23.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.29g (64.58%), Vitamin B3: 9.61mg (48.03%), Zinc: 7.06mg (47.1%), Vitamin B12: 2.8µg (46.67%), Vitamin B6: 0.81mg (40.56%), Selenium: 24.68µg (35.25%), Phosphorus: 350.02mg (35%), Potassium: 1119.37mg (31.98%), Iron: 5.6mg (31.1%), Vitamin B2: 0.42mg (24.5%), Copper: 0.39mg

(19.65%), Magnesium: 68.38mg (17.09%), Vitamin C: 13.43mg (16.28%), Manganese: 0.32mg (15.77%), Vitamin E: 2.24mg (14.94%), Vitamin B1: 0.21mg (14.02%), Fiber: 3.18g (12.72%), Vitamin B5: 1.16mg (11.56%), Vitamin A: 428.96IU (8.58%), Folate: 33.04µg (8.26%), Calcium: 82.09mg (8.21%), Vitamin K: 8.17µg (7.78%)