



Sloppy Joe Mac

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bull's-eye original barbecue sauce kraft
- 1 lb ground beef lean
- 2 cups lettuce shredded
- 7.3 oz macaroni & cheese dinner kraft
- 1 cup tomato sauce
- 2 tomatoes chopped
- 2 cups water

Equipment

frying pan

Directions

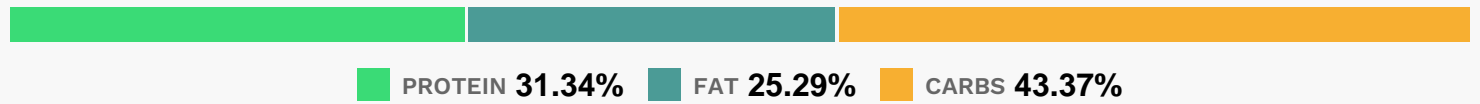
Brown meat in large nonstick skillet on medium-high heat; drain.

Add Macaroni, water and barbecue sauce; stir. Bring to boil; cover. Simmer on medium heat 8 min, stirring occasionally.

Stir in Cheese Sauce

Mix and tomato sauce; cook until heated through, stirring frequently. Top with lettuce and tomatoes.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:8.61, Inflammation Score:-5, Nutrition Score:10.17565219817%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 209.64kcal (10.48%), Fat: 5.87g (9.03%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 22.64g (7.55%), Net Carbohydrates: 21.43g (7.79%), Sugar: 8.19g (9.1%), Cholesterol: 35.15mg (11.72%), Sodium: 569.79mg (24.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.36g (32.71%), Phosphorus: 235.54mg (23.55%), Zinc: 3.4mg (22.69%), Vitamin B12: 1.27µg (21.17%), Vitamin B3: 3.73mg (18.65%), Vitamin B6: 0.3mg (14.89%), Selenium: 10.3µg (14.71%), Potassium: 477.48mg (13.64%), Iron: 2.45mg (13.59%), Manganese: 0.24mg (11.96%), Vitamin A: 519.15IU (10.38%), Vitamin C: 6.97mg (8.45%), Magnesium: 33.36mg (8.34%), Vitamin B2: 0.13mg (7.74%), Vitamin K: 8.12µg (7.73%), Vitamin E: 0.94mg (6.27%), Copper: 0.12mg (6.19%), Calcium: 60.63mg (6.06%), Vitamin B5: 0.53mg (5.32%), Fiber: 1.21g (4.82%), Folate: 15.78µg (3.95%), Vitamin B1: 0.05mg (3.56%)