



## Sloppy Joe pizza breads

READY IN



30 min.

SERVINGS



4

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 500 g ground beef lean
- ☐ 350 g pasta sauce
- ☐ 1 crusty baguette
- ☐ 250 g mozzarella cheese drained
- ☐ 1 small handful basil

## Equipment

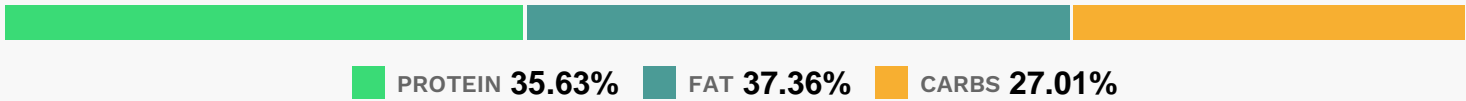
- ☐ frying pan
- ☐ baking pan

☐ grill

## Directions

- ☐ Heat a large frying pan and crumble in the mince. Fry over a high heat for 8 mins until completely browned.
- ☐ Pour in the tomato sauce and leave to bubble, uncovered, for 15 mins until thickened. Taste and season if you need to.
- ☐ Heat the grill.
- ☐ Cut the baguette in half lengthways, then cut the halves into 2 pieces.
- ☐ Place the bread, cut-side up, on a baking tray and grill for 2–3 mins until lightly toasted.
- ☐ Remove from the grill and divide the mince between the pieces. Scatter over the torn pieces of mozzarella.
- ☐ Grill for 3–4 mins more, until the cheese is bubbling and golden. Scatter with the basil and serve with a salad, if you like.

## Nutrition Facts



## Properties

Glycemic Index:53.44, Glycemic Load:22.5, Inflammation Score:-7, Nutrition Score:28.075217329937%

## Nutrients (% of daily need)

Calories: 541.74kcal (27.09%), Fat: 22.19g (34.14%), Saturated Fat: 11.41g (71.3%), Carbohydrates: 36.09g (12.03%), Net Carbohydrates: 33.46g (12.17%), Sugar: 6.69g (7.44%), Cholesterol: 126.88mg (42.29%), Sodium: 1275.4mg (55.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.62g (95.23%), Vitamin B12: 4.22µg (70.42%), Selenium: 43.65µg (62.36%), Zinc: 8.88mg (59.19%), Phosphorus: 552.03mg (55.2%), Vitamin B3: 10.64mg (53.21%), Calcium: 405.64mg (40.56%), Vitamin B2: 0.64mg (37.41%), Iron: 6.26mg (34.79%), Vitamin B6: 0.66mg (33.23%), Vitamin B1: 0.45mg (30.33%), Potassium: 818.85mg (23.4%), Folate: 85.71µg (21.43%), Manganese: 0.42mg (21.03%), Magnesium: 69.69mg (17.42%), Vitamin A: 827.75IU (16.56%), Copper: 0.28mg (14.07%), Vitamin B5: 1.4mg (13.98%), Vitamin E: 1.91mg (12.76%), Fiber: 2.63g (10.53%), Vitamin K: 8.21µg (7.82%), Vitamin C: 6.22mg (7.53%), Vitamin D: 0.38µg (2.5%)