



Sloppy Joe Skillet

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz canned tomatoes undrained canned
- 0.3 cup classic catalina dressing kraft
- 1 Tbsp chili powder
- 1.5 lb ground beef lean
- 1 large bell pepper red chopped
- 6 oz stove top stuffing mix for chicken
- 0.5 cup heinz tomato ketchup
- 1.7 cups water hot

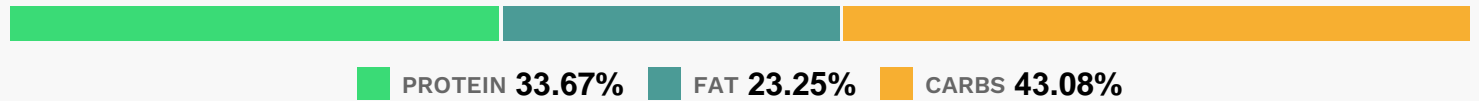
Equipment

frying pan

Directions

- Mix stuffing mix and hot water just until moistened. Meanwhile, brown meat in large skillet; drain.
- Add next 5 ingredients to skillet. Bring to boil; cover. Simmer on medium-low heat 5 min. or until peppers are crisp-tender.
- Top with prepared stuffing. Cover; simmer 3 min.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:1.7, Inflammation Score:-8, Nutrition Score:23.728695817616%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 347.64kcal (17.38%), Fat: 8.94g (13.76%), Saturated Fat: 3.17g (19.82%), Carbohydrates: 37.28g (12.43%), Net Carbohydrates: 34.02g (12.37%), Sugar: 13.52g (15.02%), Cholesterol: 70.59mg (23.53%), Sodium: 896.76mg (38.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.14g (58.28%), Vitamin C: 41.9mg (50.79%), Selenium: 34.18µg (48.82%), Vitamin B3: 9.38mg (46.91%), Zinc: 6.38mg (42.54%), Vitamin B12: 2.55µg (42.43%), Vitamin B6: 0.73mg (36.29%), Phosphorus: 301.98mg (30.2%), Vitamin A: 1496.53IU (29.93%), Iron: 5.06mg (28.1%), Vitamin B2: 0.4mg (23.56%), Potassium: 795.79mg (22.74%), Folate: 76.64µg (19.16%), Vitamin B1: 0.29mg (19.02%), Manganese: 0.37mg (18.69%), Vitamin E: 2.48mg (16.56%), Copper: 0.32mg (16.07%), Magnesium: 58.04mg (14.51%), Fiber: 3.26g (13.05%), Vitamin B5: 1.13mg (11.33%), Vitamin K: 7.51µg (7.15%), Calcium: 71.48mg (7.15%)