



Sloppy Joe Squares

READY IN



55 min.

SERVINGS



8

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 oz regular crescent rolls refrigerated canned
- ☐ 15.5 oz sauce canned
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1 tablespoon sesame seed
- ☐ 8 oz cheddar cheese shredded

Equipment

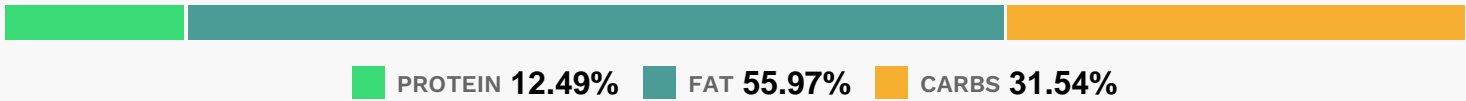
- ☐ frying pan
- ☐ oven

☐ glass baking pan

Directions

- ☐ Heat oven to 350F. In 10-inch skillet, cook beef over medium heat 8 to 10 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in sauce.
- ☐ Heat to boiling, stirring occasionally.
- ☐ Unroll 1 can of the dough; place in ungreased 13x9-inch (3-quart) glass baking dish. Press in bottom and 1/2 inch up sides of dish.
- ☐ Spread beef mixture over dough; sprinkle with cheese. Unroll second can of dough; place over cheese.
- ☐ Sprinkle with sesame seed.
- ☐ Bake 30 to 35 minutes or until mixture is bubbly and dough is golden brown.
- ☐ Cut into squares to serve.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:8.8473912620026%

Nutrients (% of daily need)

Calories: 630.09kcal (31.5%), Fat: 39.82g (61.25%), Saturated Fat: 17.52g (109.48%), Carbohydrates: 50.49g (16.83%), Net Carbohydrates: 50.37g (18.32%), Sugar: 21.29g (23.66%), Cholesterol: 68.61mg (22.87%), Sodium: 1550.26mg (67.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.99g (39.98%), Vitamin B12: 1.51µg (25.23%), Selenium: 16.87µg (24.1%), Zinc: 3.49mg (23.25%), Phosphorus: 225.72mg (22.57%), Calcium: 220.39mg (22.04%), Iron: 2.36mg (13.12%), Vitamin B2: 0.21mg (12.44%), Vitamin B3: 2.46mg (12.28%), Vitamin B6: 0.21mg (10.53%), Vitamin A: 284.15IU (5.68%), Magnesium: 20.8mg (5.2%), Potassium: 179.6mg (5.13%), Copper: 0.08mg (4.24%), Vitamin B5: 0.4mg (4.02%), Vitamin E: 0.45mg (2.98%), Folate: 10.89µg (2.72%), Vitamin B1: 0.04mg (2.7%), Manganese: 0.03mg (1.66%), Vitamin K: 1.7µg (1.62%), Vitamin D: 0.23µg (1.51%)