



Sloppy Joe Supreme (Cooking For 2)

READY IN



40 min.

SERVINGS



3

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup baking mix bisquick heart smart®
- 3 oz cheddar cheese shredded reduced-fat
- 0.3 cup water
- 2 tablespoons eggs fat-free
- 0.5 lb ground beef 90% (at least)
- 0.5 cup tomato sauce canned
- 0.3 cup catsup
- 0.3 teaspoon salt

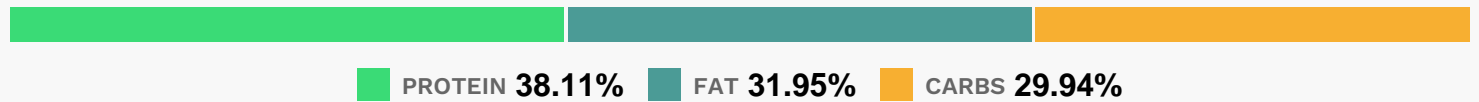
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 400°F. In small bowl, stir together Bisquick® mix, 1/2 cup of the cheese, the water and egg product; set aside.
- In ovenproof 8-inch skillet, cook beef over medium heat about 4 minutes, stirring occasionally, until brown; drain. Stir in tomato sauce, ketchup and salt.
- Heat over medium-high heat, stirring occasionally, until hot.
- Pour Bisquick mixture over top.
- Bake about 25 minutes or until golden brown.
- Sprinkle with remaining 1/4 cup cheese.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.7, Inflammation Score:-4, Nutrition Score:15.127391276152%

Flavonoids

Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 282.31kcal (14.12%), Fat: 9.92g (15.27%), Saturated Fat: 4.05g (25.33%), Carbohydrates: 20.92g (6.97%), Net Carbohydrates: 19.83g (7.21%), Sugar: 8.23g (9.14%), Cholesterol: 89.9mg (29.97%), Sodium: 1062.32mg (46.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.63g (53.26%), Phosphorus: 439.64mg (43.96%), Vitamin B12: 2µg (33.3%), Selenium: 22.18µg (31.68%), Zinc: 4.74mg (31.58%), Vitamin B3: 5.77mg (28.87%), Vitamin B2: 0.38mg (22.15%), Vitamin B6: 0.41mg (20.63%), Calcium: 175.2mg (17.52%), Iron: 3.11mg (17.27%), Potassium: 504mg (14.4%), Vitamin B1: 0.17mg (11.02%), Folate: 42.01µg (10.5%), Vitamin B5: 1mg (10.01%), Magnesium: 36.28mg (9.07%), Copper: 0.17mg (8.47%), Vitamin E: 1.24mg (8.25%), Vitamin A: 392.12IU (7.84%), Manganese: 0.14mg (7.2%), Vitamin C: 3.74mg (4.53%), Fiber: 1.09g (4.37%), Vitamin K: 3.47µg (3.3%), Vitamin D: 0.3µg (2.01%)