



Sloppy Joe Supreme (lighter)

READY IN



45 min.

SERVINGS



6

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 400F. In small bowl, stir together Bisquick mix, 1 cup of the cheese, the water and egg; set aside.
- In ovenproof 10-inch skillet, cook beef over medium heat about 8 minutes, stirring occasionally, until brown; drain. Stir in ketchup, salt and tomato sauce.
- Heat over medium-high heat, stirring occasionally, until hot.
- Pour Bisquick mixture over top.
- Bake 25 to 30 minutes or until golden brown.
- Sprinkle with remaining 1/2 cup cheese.

Nutrition Facts

PROTEIN 38.2% **FAT 31.65%** **CARBS 30.15%**

Properties

Glycemic Index:7.5, Glycemic Load:0.65, Inflammation Score:-4, Nutrition Score:14.776956563411%

Flavonoids

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

Nutrients (% of daily need)

Calories: 277.97kcal (13.9%), Fat: 9.68g (14.88%), Saturated Fat: 3.97g (24.83%), Carbohydrates: 20.74g (6.91%), Net Carbohydrates: 19.69g (7.16%), Sugar: 8.11g (9.01%), Cholesterol: 80.5mg (26.83%), Sodium: 1044.35mg (45.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.27g (52.55%), Phosphorus: 433.82mg (43.38%), Vitamin B12: 1.98µg (32.93%), Zinc: 4.7mg (31.32%), Selenium: 21.38µg (30.55%), Vitamin B3: 5.74mg (28.71%), Vitamin B2: 0.36mg (21.36%), Vitamin B6: 0.41mg (20.27%), Calcium: 173.36mg (17.34%), Iron: 3.04mg (16.86%), Potassium: 491.51mg (14.04%), Vitamin B1: 0.16mg (10.91%), Folate: 40.55µg (10.14%), Vitamin B5: 0.95mg (9.53%), Magnesium: 35.52mg (8.88%), Copper: 0.16mg (8.2%), Vitamin E: 1.17mg (7.79%), Vitamin A: 365.35IU (7.31%), Manganese: 0.14mg (7%), Vitamin C: 3.53mg (4.27%), Fiber: 1.05g (4.19%), Vitamin K: 3.38µg (3.22%), Vitamin D:

0.25µg (1.67%)