



Sloppy Joes

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon brown sugar
- ☐ 2 teaspoons chili powder
- ☐ 6 hamburger buns
- ☐ 4 cups savory meat base

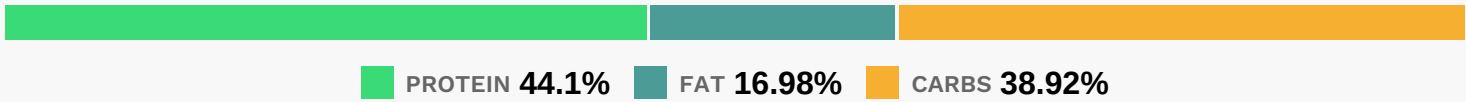
Equipment

- ☐ dutch oven

Directions

- ☐ Heat 1 package (4 cups) Savory Meat base, thawed, in a Dutch oven over medium heat. Stir in 2 teaspoons chili powder and 1 teaspoon brown sugar. Cover and simmer, stirring occasionally, 15 to 20 minutes.
- ☐ Serve on hamburger buns with potato chips and fresh fruit.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:12.88, Inflammation Score:-4, Nutrition Score:14.528260829656%

Nutrients (% of daily need)

Calories: 238.38kcal (11.92%), Fat: 4.37g (6.72%), Saturated Fat: 0.95g (5.91%), Carbohydrates: 22.53g (7.51%), Net Carbohydrates: 21.52g (7.83%), Sugar: 3.83g (4.25%), Cholesterol: 64mg (21.33%), Sodium: 339.54mg (14.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.52g (51.04%), Selenium: 43.84µg (62.63%), Vitamin B3: 12.31mg (61.53%), Vitamin B6: 0.79mg (39.52%), Phosphorus: 255.46mg (25.55%), Vitamin B1: 0.3mg (19.94%), Vitamin B5: 1.43mg (14.32%), Vitamin B2: 0.23mg (13.76%), Manganese: 0.26mg (13.23%), Potassium: 436.35mg (12.47%), Folate: 44.61µg (11.15%), Iron: 1.97mg (10.92%), Magnesium: 36.94mg (9.24%), Calcium: 69.67mg (6.97%), Zinc: 0.92mg (6.15%), Vitamin B12: 0.29µg (4.77%), Vitamin A: 228.1IU (4.56%), Copper: 0.08mg (4.04%), Fiber: 1.01g (4.02%), Vitamin E: 0.56mg (3.74%), Vitamin K: 2.97µg (2.83%), Vitamin C: 1.76mg (2.14%)