



Sloppy Joes

 Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons flour all-purpose
- ☐ 1 pound ground beef lean
- ☐ 1 medium onion cut into rings
- ☐ 0.5 cup onion soup french prepared
- ☐ 4 slices bread white
- ☐ 4 servings mustard yellow

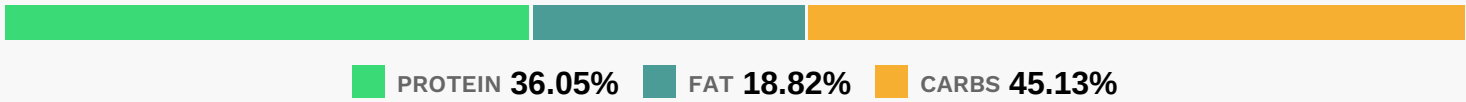
Equipment

- ☐ frying pan

Directions

- ☐ In a medium skillet over medium–high heat, brown ground beef and drain. Return ground beef to skillet and sprinkle in 2 to 3 tablespoons flour.
- ☐ Add onion soup, stir, and cook until meat mixture is thickened and most of the liquid is absorbed.
- ☐ Spread mustard on white bread, spoon ground beef mixture onto bread and top with onion.

Nutrition Facts



Properties

Glycemic Index:52.19, Glycemic Load:11.42, Inflammation Score:-4, Nutrition Score:18.468260718429%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 337.21kcal (16.86%), Fat: 6.9g (10.62%), Saturated Fat: 2.81g (17.58%), Carbohydrates: 37.24g (12.41%), Net Carbohydrates: 33.93g (12.34%), Sugar: 3.96g (4.4%), Cholesterol: 70.31mg (23.44%), Sodium: 2625.32mg (114.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.75g (59.5%), Selenium: 30.12µg (43.03%), Zinc: 6.43mg (42.85%), Vitamin B12: 2.54µg (42.34%), Vitamin B3: 8.14mg (40.68%), Vitamin B6: 0.68mg (33.89%), Phosphorus: 332.6mg (33.26%), Iron: 4.22mg (23.44%), Manganese: 0.44mg (21.9%), Vitamin B2: 0.35mg (20.76%), Vitamin B1: 0.31mg (20.49%), Potassium: 686.49mg (19.61%), Magnesium: 55.42mg (13.85%), Fiber: 3.31g (13.24%), Copper: 0.24mg (12.13%), Vitamin B5: 1.18mg (11.8%), Calcium: 115.28mg (11.53%), Folate: 45.86µg (11.46%), Vitamin C: 3.06mg (3.71%), Vitamin E: 0.44mg (2.91%)