



Sloppy Joes

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 teaspoon chili powder
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.8 pound ground round
- ☐ 1 tablespoon mustard prepared
- ☐ 0.8 cup onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon salt

- ☐ 1.5 ounce rolls split
- ☐ 0.5 teaspoon sugar
- ☐ 2 tablespoons tomato paste
- ☐ 2 cups no-salt-added tomato sauce
- ☐ 2 teaspoons worcestershire sauce

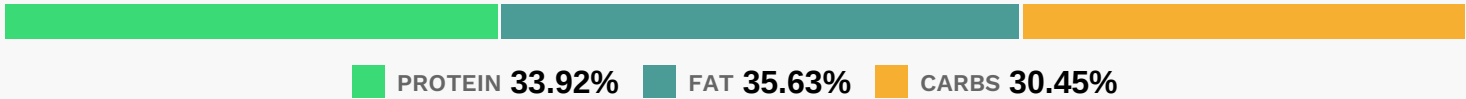
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add first 3 ingredients; cook until beef is browned, stirring to crumble. Stir in tomato sauce and next 8 ingredients (tomato sauce through black pepper); reduce heat to medium-low. Cover and cook 15 minutes, stirring occasionally. Spoon 1/4 cup beef mixture over bottom half of each bun. Cover with top halves.

Nutrition Facts



Properties

Glycemic Index:28.26, Glycemic Load:2.37, Inflammation Score:-4, Nutrition Score:5.7047826595928%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 78.69kcal (3.93%), Fat: 3.17g (4.88%), Saturated Fat: 1.19g (7.42%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 4.89g (1.78%), Sugar: 2.87g (3.19%), Cholesterol: 18.43mg (6.14%), Sodium: 374.92mg (16.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.79g (13.59%), Vitamin C: 9.31mg (11.29%), Vitamin B12: 0.63µg (10.44%), Iron: 1.82mg (10.09%), Zinc: 1.51mg (10.06%), Vitamin B3: 2mg (10.02%), Vitamin B6: 0.18mg (9.08%), Selenium: 5.61µg (8.02%), Potassium: 279.26mg (7.98%), Phosphorus: 72.15mg (7.21%), Vitamin E: 0.9mg (6.02%), Vitamin A: 293.27IU (5.87%), Vitamin B2: 0.08mg (4.91%), Fiber: 1.2g (4.81%), Copper: 0.09mg (4.53%), Manganese:

0.09mg (4.51%), Magnesium: 15.78mg (3.94%), Vitamin B5: 0.32mg (3.23%), Vitamin K: 2.93µg (2.79%), Vitamin B1:
0.04mg (2.34%), Folate: 8.63µg (2.16%), Calcium: 17.21mg (1.72%)