



Sloppy Joes II



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



147 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 teaspoons brown sugar
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 cup bell pepper green chopped
- ☐ 6 servings ground pepper black to taste
- ☐ 0.8 cup catsup
- ☐ 1 pound ground beef lean
- ☐ 0.3 cup onion chopped
- ☐ 6 servings salt to taste

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1 teaspoon mustard yellow prepared

Equipment

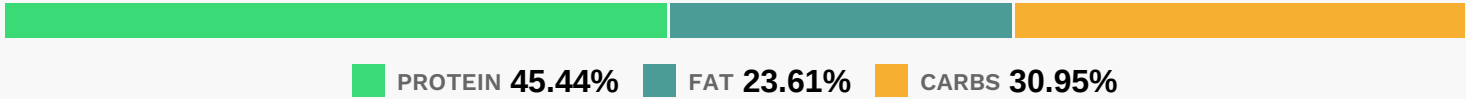
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frying pan

Directions

- ☐ In a medium skillet over medium heat, brown the ground beef, onion, and green pepper; drain off liquids.
- ☐ Stir in the garlic powder, mustard, ketchup, and brown sugar; mix thoroughly. Reduce heat, and simmer for 30 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:9.1434781655021%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 146.97kcal (7.35%), Fat: 3.86g (5.94%), Saturated Fat: 1.72g (10.72%), Carbohydrates: 11.38g (3.79%), Net Carbohydrates: 10.99g (4%), Sugar: 8.78g (9.76%), Cholesterol: 46.87mg (15.62%), Sodium: 526.13mg (22.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.71g (33.43%), Vitamin B12: 1.69µg (28.22%), Zinc: 3.93mg (26.22%), Vitamin B3: 4.63mg (23.15%), Selenium: 13.77µg (19.67%), Vitamin B6: 0.37mg (18.57%), Phosphorus: 162.83mg (16.28%), Iron: 1.99mg (11.07%), Potassium: 374.73mg (10.71%), Vitamin B2: 0.18mg (10.36%), Vitamin C: 6.72mg (8.15%), Magnesium: 22.77mg (5.69%), Vitamin B5: 0.52mg (5.22%), Copper: 0.09mg (4.74%), Vitamin E: 0.68mg (4.53%), Manganese: 0.07mg (3.69%), Vitamin A: 178.14IU (3.56%), Vitamin B1: 0.04mg (2.91%), Folate: 8.58µg (2.15%), Vitamin K: 1.79µg (1.7%), Calcium: 16.4mg (1.64%), Fiber: 0.39g (1.57%)