



## Sloppy Joes on Buns

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pounds ground beef
- 8 hawaiian rolls
- 1 jar pasta sauce ragu® (1 lb. 10 oz.)

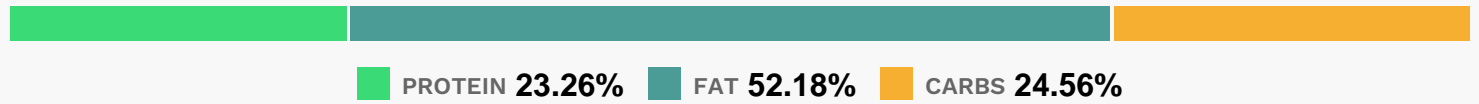
### Equipment

- frying pan

### Directions

- In 12-inch nonstick skillet, brown ground beef with onion; drain. Stir in Pasta Sauce. Bring to a boil over high heat. Reduce heat to medium and simmer covered, stirring occasionally, 10 minutes.
- Serve on buns. Preparation time: 5 Minute(s) Cook time: 15 Minute(s)

## Nutrition Facts



## Properties

Glycemic Index:13.38, Glycemic Load:14.33, Inflammation Score:-5, Nutrition Score:17.376956348834%

## Nutrients (% of daily need)

Calories: 428.4kcal (21.42%), Fat: 24.62g (37.87%), Saturated Fat: 9.1g (56.86%), Carbohydrates: 26.06g (8.69%), Net Carbohydrates: 24.01g (8.73%), Sugar: 6.16g (6.84%), Cholesterol: 80.51mg (26.84%), Sodium: 691.3mg (30.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.69g (49.38%), Vitamin B12: 2.51µg (41.88%), Selenium: 29.22µg (41.74%), Vitamin B3: 7.43mg (37.17%), Zinc: 5.24mg (34.94%), Iron: 4.49mg (24.95%), Phosphorus: 245.55mg (24.55%), Vitamin B6: 0.48mg (23.83%), Vitamin B2: 0.35mg (20.63%), Vitamin B1: 0.3mg (20.18%), Potassium: 611.08mg (17.46%), Manganese: 0.34mg (17%), Folate: 56.01µg (14%), Vitamin E: 1.8mg (12.03%), Copper: 0.21mg (10.69%), Magnesium: 41.92mg (10.48%), Calcium: 94.23mg (9.42%), Vitamin B5: 0.83mg (8.32%), Fiber: 2.05g (8.2%), Vitamin C: 6.51mg (7.89%), Vitamin A: 368.48IU (7.37%), Vitamin K: 6.49µg (6.18%)