



Sloppy Joes with Corn

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



743 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon canola oil
- ☐ 2 teaspoons chili powder
- ☐ 14 ounce fat-skimmed beef broth fat-free canned
- ☐ 2 garlic clove minced
- ☐ 1 cup bell pepper green finely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 pounds ground beef lean
- ☐ 15 ounce natural butter extract rinsed drained canned

- ☐ 1 cup onion finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 6 ounce tomato paste canned
- ☐ 9 ounce hamburger buns whole wheat toasted

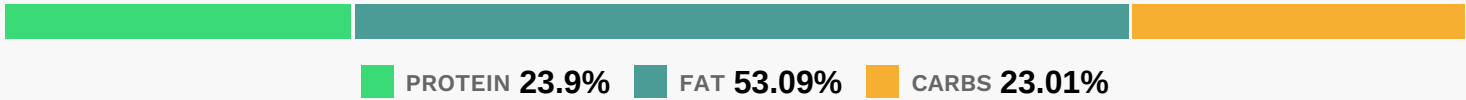
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, bell pepper, and garlic; saut 3 minutes.
- ☐ Add meat to pan; cook 5 minutes or until browned, stirring to crumble. Stir in tomato paste; cook 2 minutes.
- ☐ Add chili powder, cumin, salt, and broth. Reduce heat, and simmer 12 minutes or until thickened, stirring occasionally. Stir in corn; cook for 2 minutes or until thoroughly heated.
- ☐ Spoon about 1 cup meat mixture on bottom half of each hamburger bun; cover with top half of each bun.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:2.61, Inflammation Score:-9, Nutrition Score:37.278260842614%

Flavonoids

Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 743.06kcal (37.15%), Fat: 45.81g (70.47%), Saturated Fat: 10.57g (66.05%), Carbohydrates: 44.68g (14.89%), Net Carbohydrates: 37.19g (13.52%), Sugar: 15.44g (17.16%), Cholesterol: 70.31mg (23.44%), Sodium:

983.43mg (42.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.4g (92.79%), Vitamin B3: 18.91mg (94.53%), Manganese: 1.68mg (83.96%), Vitamin E: 8.5mg (56.64%), Selenium: 39.55µg (56.5%), Phosphorus: 562.53mg (56.25%), Zinc: 8.32mg (55.49%), Vitamin B6: 0.98mg (49.11%), Magnesium: 182.91mg (45.73%), Vitamin B12: 2.68µg (44.61%), Iron: 7.04mg (39.14%), Potassium: 1268.58mg (36.25%), Vitamin C: 28.49mg (34.53%), Copper: 0.63mg (31.69%), Folate: 126.4µg (31.6%), Vitamin B2: 0.53mg (31.2%), Fiber: 7.49g (29.94%), Vitamin B1: 0.4mg (26.9%), Vitamin B5: 1.88mg (18.77%), Vitamin A: 726.74IU (14.53%), Calcium: 114.03mg (11.4%), Vitamin K: 8.26µg (7.87%)