



Sloppy Joes with Hearty Meat Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons brown sugar
- 2 teaspoons cider vinegar
- 2 tablespoons bell pepper green finely chopped
- 1.5 cups meat sauce hearty
- 2 buns whole wheat reduced-calorie
- 1 teaspoon worcestershire sauce low-sodium

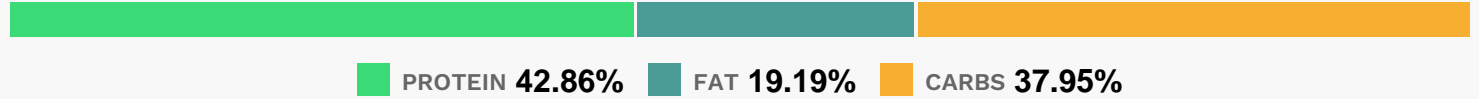
Equipment

- sauce pan

Directions

- Combine first 5 ingredients in a small saucepan. Bring to a boil; reduce heat, and simmer, uncovered, 20 minutes or until almost all liquid is absorbed, stirring occasionally.
- Spoon meat mixture evenly onto bottom halves of buns. Top with remaining halves of buns.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:17.315652277159%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 267.02kcal (13.35%), Fat: 5.63g (8.66%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 25.05g (8.35%), Net Carbohydrates: 23.18g (8.43%), Sugar: 7.24g (8.04%), Cholesterol: 72mg (24%), Sodium: 377.25mg (16.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.29g (56.58%), Selenium: 50.38µg (71.97%), Vitamin B3: 13.82mg (69.08%), Vitamin B6: 0.91mg (45.32%), Phosphorus: 295.37mg (29.54%), Manganese: 0.5mg (25%), Vitamin B1: 0.29mg (19.18%), Vitamin B5: 1.84mg (18.39%), Potassium: 537.49mg (15.36%), Vitamin B2: 0.26mg (15.21%), Folate: 55.66µg (13.92%), Iron: 2.42mg (13.46%), Magnesium: 50.98mg (12.74%), Vitamin C: 9.22mg (11.17%), Zinc: 1.15mg (7.64%), Fiber: 1.87g (7.47%), Copper: 0.14mg (7.1%), Calcium: 56.19mg (5.62%), Vitamin B12: 0.23µg (3.82%), Vitamin K: 2.34µg (2.23%), Vitamin E: 0.28mg (1.88%), Vitamin A: 70.53IU (1.41%)