



## Sloppy Skillet Beef Sandwiches

 Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup prechopped tricolor bell pepper refrigerated
- 14.5 ounce canned tomatoes with jalapeño peppers and spices, undrained mexican-style canned
- 0.5 cup whole-kernel corn frozen
- 0.3 cup catsup
- 1 pound ground beef lean
- 6 ounce hamburger buns whole wheat

### Equipment

- frying pan

## Directions

- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add beef and bell pepper; saut 5 minutes or until meat is browned, stirring to crumble.
- Drain well; return meat mixture to pan.
- Add corn, tomatoes, and ketchup; cook 9 minutes or to desired consistency.
- Serve on hamburger buns.

## Nutrition Facts



## Properties

Glycemic Index:17.5, Glycemic Load:2.57, Inflammation Score:-9, Nutrition Score:27.492173765017%

## Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg 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: 338.65kcal (16.93%), Fat: 8.89g (13.67%), Saturated Fat: 3.26g (20.36%), Carbohydrates: 35.75g (11.92%), Net Carbohydrates: 30.94g (11.25%), Sugar: 12.85g (14.28%), Cholesterol: 70.31mg (23.44%), Sodium: 584.82mg (25.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.04g (62.08%), Vitamin C: 58.08mg (70.4%), Vitamin B3: 10.17mg (50.85%), Selenium: 34.14µg (48.77%), Zinc: 6.68mg (44.53%), Vitamin B12: 2.54µg (42.41%), Vitamin B6: 0.78mg (38.87%), Manganese: 0.71mg (35.55%), Iron: 5.98mg (33.24%), Phosphorus: 332.31mg (33.23%), Vitamin A: 1473.42IU (29.47%), Vitamin B2: 0.44mg (26.04%), Potassium: 909.31mg (25.98%), Vitamin B1: 0.35mg (23.32%), Folate: 92.3µg (23.08%), Copper: 0.39mg (19.65%), Fiber: 4.81g (19.22%), Magnesium: 73.3mg (18.32%), Vitamin E: 2.46mg (16.39%), Vitamin B5: 1.42mg (14.21%), Calcium: 91.02mg (9.1%), Vitamin K: 9.38µg (8.93%)