



Slow-Cooker Pizza Joes

READY IN



385 min.

SERVINGS



18

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb ground beef 80% lean (at least)
- 1 cup onion chopped
- 0.5 cup bell pepper green chopped ()
- 28 oz tomato sauce
- 3.5 oz pepperoni sliced chopped ()
- 1 teaspoon basil dried
- 0.5 teaspoon oregano dried
- 18 sandwich rolls split
- 2 oz mozzarella cheese shredded

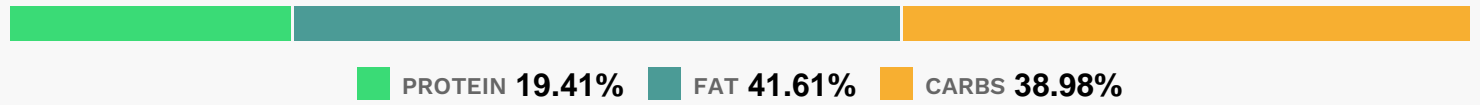
Equipment

- frying pan
- slow cooker

Directions

- In 12-inch skillet, cook ground beef and onions over medium-high heat 5 to 7 minutes, stirring frequently, until beef is thoroughly cooked; drain.
- Spray 3 1/2- to 4-quart slow cooker with cooking spray. Spoon beef mixture into slow cooker. Stir in bell pepper, pizza sauce, pepperoni, basil and oregano.
- Cover; cook on Low setting 4 to 6 hours.
- To assemble sandwiches, spoon about 1/3 cup beef mixture onto bottom halves of buns. Top each with scant 2 tablespoons cheese. Cover with top halves of buns.

Nutrition Facts



Properties

Glycemic Index:7.89, Glycemic Load:0.99, Inflammation Score:-5, Nutrition Score:13.830000001451%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 347.5kcal (17.38%), Fat: 15.94g (24.52%), Saturated Fat: 5.63g (35.18%), Carbohydrates: 33.6g (11.2%), Net Carbohydrates: 31.36g (11.4%), Sugar: 3.09g (3.43%), Cholesterol: 43.62mg (14.54%), Sodium: 660.26mg (28.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.73g (33.47%), Selenium: 32.29µg (46.13%), Vitamin B3: 5.3mg (26.49%), Vitamin B1: 0.33mg (21.81%), Vitamin B12: 1.22µg (20.37%), Zinc: 2.99mg (19.95%), Iron: 3.46mg (19.23%), Vitamin B2: 0.32mg (18.96%), Manganese: 0.37mg (18.65%), Phosphorus: 172.04mg (17.2%), Folate: 64.55µg (16.14%), Vitamin B6: 0.27mg (13.42%), Potassium: 368.49mg (10.53%), Copper: 0.19mg (9.37%), Calcium: 90.94mg (9.09%), Fiber: 2.24g (8.95%), Vitamin C: 7.07mg (8.57%), Magnesium: 34.04mg (8.51%), Vitamin E: 1.18mg (7.85%), Vitamin B5: 0.71mg (7.09%), Vitamin A: 229.09IU (4.58%), Vitamin K: 4.52µg (4.3%)