



Slow-Cooker Sloppy Joes

 **Gluten Free**  **Dairy Free**

READY IN



260 min.

SERVINGS



10

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb ground beef 80% lean (at least)
- 1 cup onion chopped
- 0.3 cup water
- 3 tablespoons worcestershire sauce
- 0.5 teaspoon salt
- 0.3 teaspoon hot sauce red
- 12 oz chili sauce
- 10 oz tortilla chips

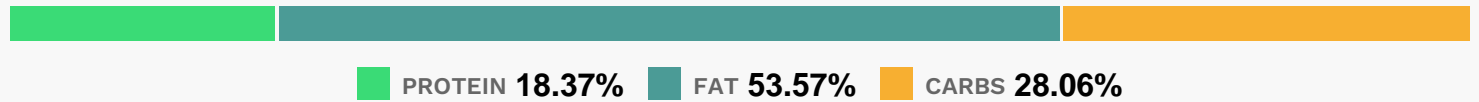
Equipment

- frying pan
- slow cooker

Directions

- In 12-inch skillet, cook beef over medium heat 8 to 10 minutes, stirring occasionally, until thoroughly cooked; drain.
- In 3- to 4-quart slow cooker, mix beef and remaining ingredients except tortilla chips.
- Cover; cook on Low heat setting 4 to 6 hours.
- Serve over tortilla chips or in buns.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:12.371739143911%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 405.87kcal (20.29%), Fat: 24.13g (37.12%), Saturated Fat: 7.78g (48.62%), Carbohydrates: 28.43g (9.48%), Net Carbohydrates: 25.81g (9.39%), Sugar: 5.94g (6.59%), Cholesterol: 64.41mg (21.47%), Sodium: 795.78mg (34.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.62g (37.23%), Vitamin B12: 1.94µg (32.36%), Zinc: 4.28mg (28.5%), Vitamin B3: 4.67mg (23.36%), Phosphorus: 232.52mg (23.25%), Selenium: 15.34µg (21.91%), Vitamin B6: 0.42mg (20.88%), Iron: 2.77mg (15.38%), Potassium: 486.74mg (13.91%), Vitamin E: 2.03mg (13.56%), Magnesium: 45.65mg (11.41%), Vitamin B2: 0.19mg (11.11%), Fiber: 2.62g (10.48%), Vitamin K: 9.44µg (8.99%), Vitamin C: 7.36mg (8.93%), Vitamin B5: 0.81mg (8.11%), Vitamin B1: 0.12mg (8.02%), Copper: 0.14mg (7.23%), Calcium: 62.58mg (6.26%), Vitamin A: 236.69IU (4.73%), Folate: 16.27µg (4.07%), Manganese: 0.03mg (1.5%)