



Slow-Cooker Sloppy Joes (Crowd Size)

 Dairy Free

READY IN



440 min.

SERVINGS



24

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb ground beef 80% lean (at least)
- 1 cup onion coarsely chopped
- 0.8 cup celery stalks chopped
- 1 cup barbecue sauce
- 26.5 oz sauce canned
- 24 sandwich rolls split

Equipment

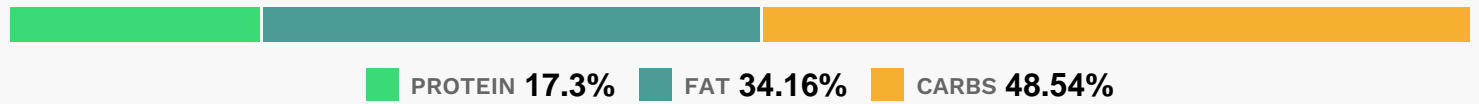
- dutch oven

slow cooker

Directions

- In 4-quart Dutch oven, cook beef and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
- Mix beef mixture and remaining ingredients except buns in 3 1/2- to 4-quart slow cooker.
- Cover and cook on Low heat setting 7 to 9 hours.
- Stir well before serving. To serve, fill each bun with about 1/3 cup beef mixture. Beef mixture will hold on Low heat setting up to 2 hours; stir occasionally.

Nutrition Facts



Properties

Glycemic Index:2.46, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:11.629130332366%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 372.82kcal (18.64%), Fat: 13.91g (21.4%), Saturated Fat: 4.71g (29.41%), Carbohydrates: 44.48g (14.83%), Net Carbohydrates: 42.89g (15.6%), Sugar: 12.52g (13.91%), Cholesterol: 40.26mg (13.42%), Sodium: 849.23mg (36.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.85g (31.71%), Selenium: 30.99µg (44.28%), Vitamin B3: 4.9mg (24.51%), Vitamin B1: 0.3mg (20.22%), Vitamin B12: 1.21µg (20.22%), Zinc: 2.94mg (19.61%), Iron: 3.07mg (17.03%), Vitamin B2: 0.29mg (16.81%), Folate: 60.76µg (15.19%), Phosphorus: 151.66mg (15.17%), Manganese: 0.29mg (14.74%), Vitamin B6: 0.22mg (11.12%), Potassium: 260.23mg (7.44%), Calcium: 71.08mg (7.11%), Copper: 0.14mg (6.99%), Magnesium: 27.59mg (6.9%), Fiber: 1.58g (6.33%), Vitamin B5: 0.55mg (5.54%), Vitamin E: 0.58mg (3.85%), Vitamin K: 2.53µg (2.41%)