



Slow-Cooker So-Easy Sloppy Joes

 Dairy Free

READY IN



375 min.

SERVINGS



16

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb ground beef lean
- ☐ 1 cup onion chopped
- ☐ 1 cup celery chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 12 oz chili sauce
- ☐ 6 oz canned tomatoes canned
- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons worcestershire sauce

- ☐ 0.3 teaspoon pepper
- ☐ 16 sandwich rolls split

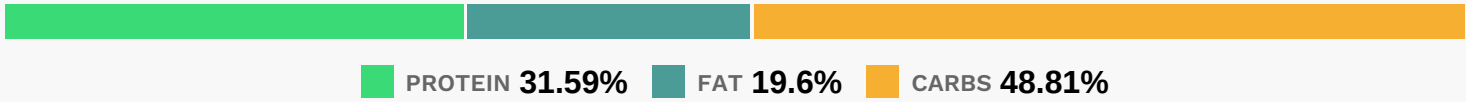
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In large skillet, cook ground beef, onions, celery and bell pepper over medium-high heat for 5 to 7 minutes or until beef is thoroughly cooked, stirring frequently.
- ☐ Drain.
- ☐ In 3 1/2 to 4-quart slow cooker, combine ground beef mixture and all remaining ingredients except buns; mix well.
- ☐ Cover; cook on low setting for 4 to 6 hours.
- ☐ Stir; spoon beef mixture into buns.

Nutrition Facts



Properties

Glycemic Index:8.69, Glycemic Load:0.47, Inflammation Score:-5, Nutrition Score:17.11260867378%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 319.72kcal (15.99%), Fat: 6.83g (10.5%), Saturated Fat: 2.28g (14.27%), Carbohydrates: 38.26g (12.75%), Net Carbohydrates: 35.88g (13.05%), Sugar: 6.59g (7.33%), Cholesterol: 52.73mg (17.58%), Sodium: 698.8mg (30.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.76g (49.51%), Selenium: 37.49µg (53.56%), Vitamin B3: 7.63mg (38.15%), Zinc: 4.96mg (33.09%), Vitamin B12: 1.91µg (31.75%), Phosphorus: 246.59mg (24.66%), Iron: 4.38mg (24.32%), Vitamin B1: 0.34mg (22.97%), Vitamin B6: 0.43mg (21.56%), Vitamin B2: 0.36mg (21.13%), Folate:

66.53µg (16.63%), Manganese: 0.32mg (16.01%), Potassium: 524.22mg (14.98%), Vitamin C: 9.34mg (11.32%),
Copper: 0.22mg (11%), Magnesium: 41.4mg (10.35%), Fiber: 2.38g (9.53%), Vitamin B5: 0.84mg (8.44%), Calcium:
78.62mg (7.86%), Vitamin E: 1.06mg (7.05%), Vitamin K: 4.57µg (4.36%), Vitamin A: 215.06IU (4.3%)