



## Super Easy Sloppy Joes

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

READY IN



30 min.

SERVINGS



6

CALORIES



678 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup apple cider vinegar
- 0.3 cup brown sugar packed
- 1 cup celery finely chopped
- 12 ounce tomato-based chili sauce
- 3 pounds ground beef
- 1 cup onion yellow chopped

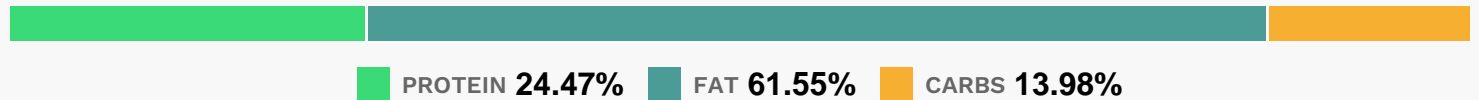
### Equipment

- dutch oven

## Directions

- Crumble the ground beef into a large pot or Dutch oven over medium-high heat. Cook, stirring frequently until evenly browned.
- Drain off grease.
- Add the onion and celery, and cook until the onion is tender, about 3 minutes.
- Reduce heat to medium and pour in the chili sauce. Stir in the vinegar and sugar.
- Add mustard if using. Simmer until the mixture is your desired thickness.
- Serve on buns.

## Nutrition Facts



## Properties

Glycemic Index:16.5, Glycemic Load:0.66, Inflammation Score:-5, Nutrition Score:23.296956673912%

## Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

## Nutrients (% of daily need)

Calories: 678.17kcal (33.91%), Fat: 45.58g (70.13%), Saturated Fat: 17.45g (109.04%), Carbohydrates: 23.3g (7.77%), Net Carbohydrates: 21.22g (7.72%), Sugar: 17.83g (19.81%), Cholesterol: 161.03mg (53.68%), Sodium: 929.32mg (40.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.78g (81.56%), Vitamin B12: 4.85µg (80.89%), Zinc: 9.64mg (64.3%), Vitamin B3: 10.59mg (52.94%), Selenium: 34.96µg (49.95%), Vitamin B6: 0.87mg (43.57%), Phosphorus: 400.76mg (40.08%), Iron: 5.03mg (27.93%), Potassium: 924.3mg (26.41%), Vitamin B2: 0.39mg (23.07%), Vitamin C: 11.57mg (14.02%), Vitamin E: 2.07mg (13.8%), Magnesium: 51.2mg (12.8%), Vitamin B5: 1.22mg (12.25%), Copper: 0.23mg (11.67%), Vitamin K: 12.07µg (11.49%), Vitamin B1: 0.16mg (10.96%), Vitamin A: 461.67IU (9.23%), Fiber: 2.08g (8.33%), Folate: 32.2µg (8.05%), Calcium: 73.34mg (7.33%), Manganese: 0.11mg (5.25%), Vitamin D: 0.23µg (1.51%)