



Tonya's Terrific Sloppy Joes

 Dairy Free

READY IN

ready

40 min.

SERVINGS

servings

8

CALORIES

calories

445 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 0.3 cup celery chopped
- ☐ 2 pounds ground beef
- ☐ 7 ounces catsup
- ☐ 0.1 teaspoon juice of lemon
- ☐ 0.3 teaspoon ground mustard dry
- ☐ 0.5 cup onion chopped
- ☐ 1 teaspoon vinegar

- ☐ 8 wheat hamburger buns white
- ☐ 1.5 teaspoons worcestershire sauce

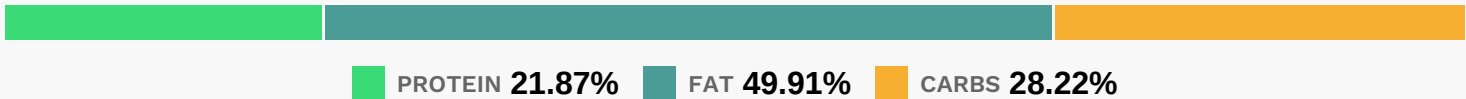
Equipment

- ☐ frying pan

Directions

- ☐ Place a large skillet over medium-high heat. Crumble ground beef into skillet; add onion and celery. Cook and stir beef mixture until beef is completely browned, 7 to 10 minutes.
- ☐ Stir ketchup, brown sugar, Worcestershire sauce, vinegar, mustard, and lemon juice through the beef mixture. Reduce heat to medium-low and cook mixture at a simmer until mixture is hot and sauce has thickened, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:13.1, Inflammation Score:-3, Nutrition Score:15.427391342495%

Flavonoids

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 444.51kcal (22.23%), Fat: 24.42g (37.58%), Saturated Fat: 9.07g (56.71%), Carbohydrates: 31.08g (10.36%), Net Carbohydrates: 30g (10.91%), Sugar: 10.45g (11.62%), Cholesterol: 80.51mg (26.84%), Sodium: 531.38mg (23.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.08g (48.16%), Vitamin B12: 2.51µg (41.88%), Selenium: 29.1µg (41.57%), Vitamin B3: 6.98mg (34.9%), Zinc: 5.12mg (34.16%), Phosphorus: 233.99mg (23.4%), Vitamin B6: 0.45mg (22.39%), Iron: 3.87mg (21.47%), Vitamin B2: 0.34mg (20.17%), Vitamin B1: 0.29mg (19.44%), Manganese: 0.29mg (14.63%), Folate: 53.85µg (13.46%), Potassium: 462.69mg (13.22%), Calcium: 92.27mg (9.23%), Magnesium: 34.26mg (8.57%), Copper: 0.15mg (7.28%), Vitamin E: 0.96mg (6.39%), Vitamin B5: 0.6mg (6.04%), Vitamin K: 5.83µg (5.55%), Fiber: 1.08g (4.31%), Vitamin C: 2.59mg (3.15%), Vitamin A: 142.97IU (2.86%)