



White Sloppy Joes

READY IN

ready

20 min.

SERVINGS

servings

6

CALORIES

calories

363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 pound ground beef
- ☐ 6 hamburger buns split
- ☐ 1 teaspoon liquid smoke flavoring
- ☐ 3 tablespoons milk
- ☐ 6 servings salt and pepper to taste
- ☐ 4 tablespoons cup heavy whipping cream sour

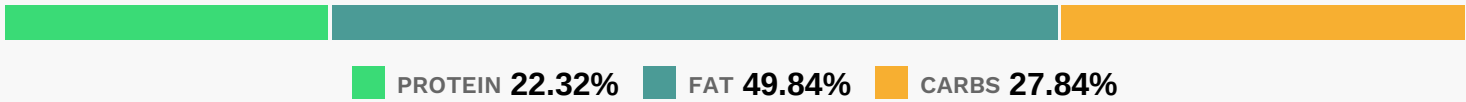
Equipment

☐ frying pan

Directions

- ☐ Place ground beef in a large skillet over medium-high heat. Cook, stirring to crumble, until evenly browned.
- ☐ Drain off excess grease. Stir in cream of mushroom soup (undiluted), milk and liquid smoke. Reduce heat to low, and cook just until hot. Stir in sour cream, and season with salt and pepper.
- ☐ Remove from heat.
- ☐ Serve on hamburger buns.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:13.01, Inflammation Score:-2, Nutrition Score:12.792608706847%

Nutrients (% of daily need)

Calories: 363.31kcal (18.17%), Fat: 19.81g (30.48%), Saturated Fat: 7.72g (48.25%), Carbohydrates: 24.9g (8.3%), Net Carbohydrates: 24.03g (8.74%), Sugar: 3.76g (4.18%), Cholesterol: 61.83mg (20.61%), Sodium: 824.16mg (35.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.96g (39.92%), Selenium: 23.47µg (33.54%), Vitamin B12: 1.84µg (30.71%), Vitamin B3: 5.47mg (27.33%), Zinc: 4.09mg (27.27%), Manganese: 0.4mg (19.97%), Phosphorus: 191.26mg (19.13%), Vitamin B1: 0.28mg (18.8%), Iron: 3.3mg (18.36%), Vitamin B2: 0.29mg (17.29%), Vitamin B6: 0.3mg (14.97%), Folate: 49.75µg (12.44%), Copper: 0.2mg (9.81%), Potassium: 341.87mg (9.77%), Calcium: 94.98mg (9.5%), Magnesium: 28mg (7%), Vitamin B5: 0.53mg (5.31%), Fiber: 0.88g (3.5%), Vitamin K: 3.57µg (3.4%), Vitamin E: 0.46mg (3.07%), Vitamin A: 62.42IU (1.25%), Vitamin D: 0.16µg (1.05%)