



A Nutrition Resource



BASIC MEAT MIX SLOPPY JOES

Yield: 4 Servings | Serving Size: 1 Sloppy Joes
Cost/Serving: \$2.16

Ingredients:

- 1 package BASIC MEAT MIX
- 1 (8-ounce) can low-sodium tomato sauce
- 4 whole wheat hamburger buns

Directions:

- 1) Mix BASIC MEAT MIX and tomato sauce in medium pan. Heat thoroughly.
- 2) Serve on hamburger buns.

Nutrition Facts

4 servings per container
Serving size **1 sloppy joe**
(167g)

Amount per serving
Calories 230

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 7g | 9% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 15mg | 5% |
| Sodium 370mg | 16% |
| Total Carbohydrate 35g | 13% |
| Dietary Fiber 1g | 4% |
| Total Sugars 6g | |
| Includes 0g Added Sugars | 0% |
| Protein 12g | |
| Vitamin D 0mcg | 0% |
| Calcium 117mg | 10% |
| Iron 3mg | 15% |
| Potassium 267mg | 6% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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