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Sloppy Joes and Mushrooms ♦

This recipe combines the classic sloppy joes with the earthy flavors of mushrooms. It's a hearty and satisfying dish that can be enjoyed by meat-lovers and vegetarians alike.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Ground Beef
200 g	Mushrooms
100 g	onion
2 cloves	garlic
1 c	tomato sauce
2 tbsp	ketchup

1 tbsp	worcestershire sauce
1 tbsp	brown sugar
1 tsp	mustard
1 tsp	salt
0.5 tsp	black pepper
4 pieces	Hamburger Buns

Directions

Step 1

Stove

In a large skillet, cook the ground beef over medium heat until browned. Drain excess fat.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Add the mushrooms, onion, and garlic to the skillet. Cook until the vegetables are tender.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

Stir in the tomato sauce, ketchup, Worcestershire sauce, brown sugar, mustard, salt, and black pepper. Simmer for 10 minutes, stirring occasionally.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Toast the hamburger buns. Spoon the sloppy joe mixture onto the buns and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 380 kcal

Fat: 14 g

Protein: 24 g

Carbohydrates: 38 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	24 g	141.18%	141.18%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	38 g	69.09%	76%
Fibers	3 g	7.89%	12%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	7 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	14 g	50%	56%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	780 mg	33.91%	33.91%
Calcium	8 mg	0.8%	0.8%
Iron	20 mg	250%	111.11%
Potassium	720 mg	21.18%	27.69%
Zinc	3 mg	27.27%	37.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

American

Chinese

Mexican

Middle Eastern

Course

Salads

Snacks

Diet

Paleo Diet

Traditional Chinese Medicine (TCM) Diet

Events

Picnic

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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