

Cookbook for Calhoun County Youth Center

Created by HPS Menu Planner

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[Sloppy Joe scratch](#)

Sloppy Joe scratch

Servings:	32.000	Category:	Entree
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56328
School:	Calhoun County Youth Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	6 2/5 Pound		100158
ONION YELLOW JUMBO	1/3 Cup		200778
KETCHUP PKT LO SOD	7/11 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	634610
Tap Water for Recipes	1/3 Quart	UNPREPARED	000001WTR
SUGAR BROWN MED	1/6 Cup	UNSPECIFIED	108626
MUSTARD PKT	1 Tablespoon		109908
SPICE CHILI POWDER MILD	7/11 Tablespoon		331473
SAUCE WORCESTERSHIRE	7/11 Tablespoon		109843
Hamburger Bun	32 Each		558110

Preparation Instructions

Brown hamburger in pan along with onion. Mix in the rest of ingredients, stir and simmer until sugar is dissolved.

Note: If using dehydrated onion use a 1/2 cup and re-hydrate.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.388
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.046
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 32.000

Serving Size: 0.25 Cup

Amount Per Serving	
Calories	431.34
Fat	16.33g
Saturated Fat	4.78g
Trans Fat	2.39g
Cholesterol	62.09mg
Sodium	517.22mg
Carbohydrates	47.38g
Fiber	1.02g
Total Sugar	15.29g
Added Sugar	9.24g**
Protein	21.73g
Vitamin A 0.03mcg	Vitamin C 0.10mg
Calcium 35.30mg	Iron 2.00mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available