

# Sloppy Joe scratch

<b>Servings:</b>	32.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56328
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 32.000

Serving Size: 0.25 Cup

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

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

## Nutrition - Per 100g

No 100g Conversion Available