

# Sloppy Joe on a Roll

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29369

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	8 5/8 Pound		100158
ONION DEHY CHPD	1/3 Cup		263036
SPICE GARLIC POWDER	1 Tablespoon		513857
TOMATO PASTE 26	1 Tablespoon	READY_TO_EAT None	773549
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1 13/16 Pound		100129
Tap Water for Recipes	5 3/4 Cup	UNPREPARED	000001WTR
VINEGAR WHT DISTILLED 5	1 1/8 Cup		629640
SPICE MUSTARD DRY	2 Tablespoon		400018
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
SUGAR BROWN LT	6 Tablespoon		860311
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	50 Each		517810

## Preparation Instructions

1. Brown ground beef. Drain.
1. Add onions and garlic powder. Cook for 5 mins. Add tomato paste, ketchup, water, vinegar, dry mustard, pepper, and brown sugar. Mix well and simmer for 25-30 mins.
3. Pour ground beef mixture into serving pans.

4. Portion with No. 12 scoop (1/3 cup) onto bottom half of each bun. Cover with top half of roll.

## Meal Components

Amount Per Serving

Amount Per Serving	
<b>Meat/Meat Alternate</b>	2.061
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.005
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
<b>Calories</b>	318.56
<b>Fat</b>	13.87g
<b>Saturated Fat</b>	4.12g
<b>Trans Fat</b>	2.06g
<b>Cholesterol</b>	53.58mg
<b>Sodium</b>	237.89mg
<b>Carbohydrates</b>	27.02g
<b>Fiber</b>	3.06g
<b>Total Sugar</b>	5.65g
<b>Added Sugar</b>	1.44g
<b>Protein</b>	20.48g
<b>Vitamin A</b> 0.01mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.74mg	<b>Iron</b> 1.02mg

## Nutrition - Per 100g

<b>Calories</b>	336.35
<b>Fat</b>	14.65g
<b>Saturated Fat</b>	4.35g
<b>Trans Fat</b>	2.18g
<b>Cholesterol</b>	56.58mg
<b>Sodium</b>	251.17mg
<b>Carbohydrates</b>	28.53g
<b>Fiber</b>	3.23g
<b>Total Sugar</b>	5.97g
<b>Added Sugar</b>	1.52g
<b>Protein</b>	21.63g
<b>Vitamin A</b> 0.01mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 32.46mg	<b>Iron</b> 1.07mg