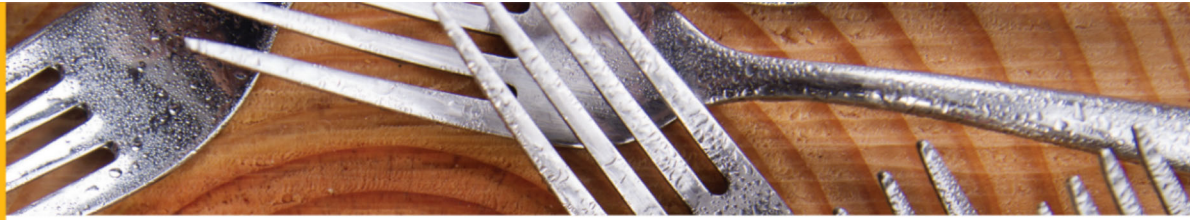




A Nutrition Resource



# 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*
<b>Total Fat</b> 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 15mg	5%
<b>Sodium</b> 370mg	16%
<b>Total Carbohydrate</b> 35g	13%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 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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