

Ragu Saucy Joes

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Servings: 8

2 pounds ground beef
1 medium onion, sliced
8 hamburger buns
1 jar (24 ounce) Ragu Old Style
pasta sauce
2 tablespoons firmly packed brown
sugar

Preparation Time: 5 minutes

Cook Time: 15 minutes

In a twelve-inch skillet over medium-high heat,
brown the ground beef with the onion. Drain.

Stir in the pasta sauce and brown sugar.

Simmer, stirring occasionally, for 10 minutes.

Serve on the buns.

Per Serving (excluding unknown
items): 493 Calories; 32g Fat
(59.8% calories from fat); 23g
Protein; 26g Carbohydrate; 1g
Dietary Fiber; 96mg Cholesterol;
320mg Sodium. Exchanges: 1 1/2
Grain(Starch); 2 1/2 Lean Meat; 0
Vegetable; 5 Fat; 0 Other
Carbohydrates.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	493
% Calories from Fat:	59.8%
% Calories from Carbohydrates:	21.5%
% Calories from Protein:	18.6%
Total Fat (g):	32g
Saturated Fat (g):	13g
Monounsaturated Fat (g):	14g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	96mg
Carbohydrate (g):	26g
Dietary Fiber (g):	1g
Protein (g):	23g
Sodium (mg):	320mg
Potassium (mg):	353mg

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	3.0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	51mcg
Niacin (mg):	7mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	2 1/2
Vegetable:	0
Fruit:	0

Calcium (mg): 75mg
Iron (mg): 3mg
Zinc (mg): 4mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Non-Fat Milk: 0
Fat: 5
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 493 Calories from Fat: 295

% Daily Values*

Total Fat	32g	50%
Saturated Fat	13g	64%
Cholesterol	96mg	32%
Sodium	320mg	13%
Total Carbohydrates	26g	9%
Dietary Fiber	1g	6%
Protein	23g	
Vitamin A		0%
Vitamin C		2%
Calcium		7%
Iron		19%

* Percent Daily Values are based on a 2000 calorie diet.