

# Bar-B-Que Ground Beef

Lynn Kite

Gourmet Eating in South Carolina - (1985)

1 pound ground beef  
 1 tablespoon prepared mustard  
 1 tablespoon vinegar  
 1 tablespoon oil  
 1 tablespoon sugar  
 1 onion, chopped  
 1 teaspoon salt  
 1/2 cup green pepper, chopped  
 1 cup ketchup

In a skillet, brown the ground beef with the onions and peppers.

Add the mustard, vinegar, oil, sugar, salt and ketchup.

Simmer for 30 to 45 minutes.

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Per Serving (excluding unknown items): 1901 Calories; 136g Fat (63.5% calories from fat); 82g Protein; 94g Carbohydrate; 7g Dietary Fiber; 386mg Cholesterol; 5480mg Sodium. Exchanges: 11 Lean Meat; 2 1/2 Vegetable; 21 Fat; 5 1/2 Other Carbohydrates.

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Beef

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	1901	<b>Vitamin B6 (mg):</b>	1.7mg
<b>% Calories from Fat:</b>	63.5%	<b>Vitamin B12 (mcg):</b>	12.0mcg
<b>% Calories from Carbohydrates:</b>	19.5%	<b>Thiamin B1 (mg):</b>	.4mg
<b>% Calories from Protein:</b>	16.9%	<b>Riboflavin B2 (mg):</b>	.9mg
<b>Total Fat (g):</b>	136g	<b>Folacin (mcg):</b>	106mcg
<b>Saturated Fat (g):</b>	51g	<b>Niacin (mg):</b>	24mg
<b>Monounsaturated Fat (g):</b>	61g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	8g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	386mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	94g		
<b>Dietary Fiber (g):</b>	7g	<b>Food Exchanges</b>	
<b>Protein (g):</b>	82g	<b>Grain (Starch):</b>	0
<b>Sodium (mg):</b>	5480mg	<b>Lean Meat:</b>	11
		<b>Vegetable:</b>	2 1/2

**Potassium (mg):** 2529mg  
**Calcium (mg):** 138mg  
**Iron (mg):** 10mg  
**Zinc (mg):** 17mg  
**Vitamin C (mg):** 110mg  
**Vitamin A (i.u.):** 2908IU  
**Vitamin A (r.e.):** 291 1/2RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 21  
**Other Carbohydrates:** 5 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 1901                      **Calories from Fat:** 1208

### % Daily Values\*

<b>Total Fat</b> 136g	209%
Saturated Fat 51g	253%
<b>Cholesterol</b> 386mg	129%
<b>Sodium</b> 5480mg	228%
<b>Total Carbohydrates</b> 94g	31%
Dietary Fiber 7g	27%
<b>Protein</b> 82g	
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<b>Vitamin A</b>	58%
<b>Vitamin C</b>	183%
<b>Calcium</b>	14%
<b>Iron</b>	58%

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