



 11%  
HEALTH SCORE

## All American Sloppy Joes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 100 grams barbecue sauce
- 4 hawaiian rolls split homemade toasted
- 2 garlic clove minced
- 0.5 bell pepper diced green
- 450 grams ground beef
- 1 teaspoon hot sauce
- 1 tablespoon olive oil
- 4 servings pepper black freshly ground

- 2 shallots chopped
- 180 grams tomato sauce
- 0.7 tablespoon worcestershire sauce

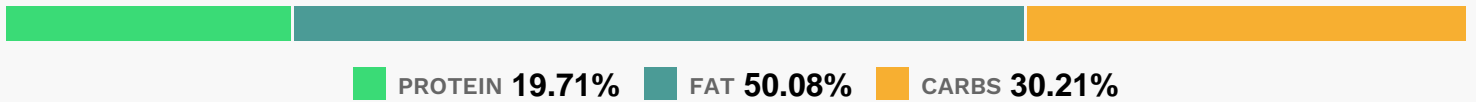
## Equipment

- frying pan

## Directions

- Heat the olive oil in a large skillet.
- Add in minced garlic, shallots, and green bell pepper. Stir until fragrant and tender, about 3 minutes. Season it with salt and black pepper.
- Add the ground beef to the vegetables. Stir and cook about 5 minutes, until the meat is no longer pink and fully cooked.
- Add tomato sauce, barbecue sauce, Worcestershire, and hot sauce into the skillet. Stir to combine. Simmer until thickened. To serve, spoon and pile sloppy meat onto the toasted, buttered bun bottoms and cover with bun tops with your favourite side dish or pickles.

## Nutrition Facts



## Properties

Glycemic Index:52.25, Glycemic Load:14.35, Inflammation Score:-5, Nutrition Score:18.785217391304%

## Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 507.21kcal (25.36%), Fat: 28.03g (43.12%), Saturated Fat: 9.52g (59.51%), Carbohydrates: 38.04g (12.68%), Net Carbohydrates: 35.66g (12.97%), Sugar: 14.68g (16.32%), Cholesterol: 79.88mg (26.63%), Sodium: 824.15mg (35.83%), Protein: 24.81g (49.63%), Selenium: 29.55µg (42.21%), Vitamin B12: 2.49µg (41.56%), Vitamin B3: 7.28mg (36.39%), Zinc: 5.25mg (35.02%), Vitamin B6: 0.55mg (27.51%), Iron: 4.66mg (25.89%), Phosphorus: 253.07mg (25.31%), Vitamin C: 18.4mg (22.31%), Vitamin B1: 0.32mg (21.32%), Manganese: 0.42mg (21.08%),

Vitamin B2: 0.35mg (20.62%), Potassium: 647.13mg (18.49%), Folate: 58.93µg (14.73%), Vitamin E: 2mg (13.3%), Magnesium: 44.09mg (11.02%), Calcium: 109.14mg (10.91%), Copper: 0.22mg (10.89%), Fiber: 2.39g (9.55%), Vitamin K: 9.35µg (8.9%), Vitamin B5: 0.81mg (8.07%), Vitamin A: 311.36IU (6.23%)