



Almost Meatless Sloppy Joes

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon brown sugar
- ☐ 15.5 ounce beans red low-sodium divided rinsed drained canned
- ☐ 2 cups canned tomatoes canned crushed
- ☐ 0.5 cup carrots grated
- ☐ 2 teaspoons chili powder
- ☐ 1 tablespoon garlic minced
- ☐ 0.3 teaspoon ground pepper red

- ☐ 6 ounces ground sirloin
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 inch onion red separated
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce sandwich rolls whole-wheat split toasted
- ☐ 0.5 cup onion white finely chopped

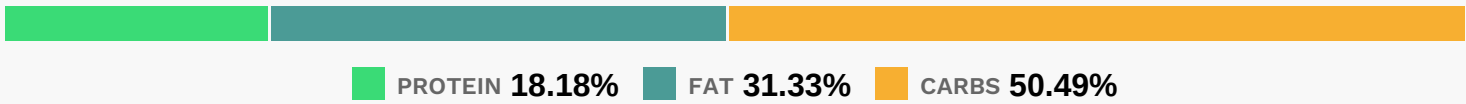
Equipment

- ☐ frying pan
- ☐ potato masher

Directions

- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Add onion, garlic, salt, black pepper, and beef to pan; cook 5 minutes or until meat is browned and vegetables are tender, stirring occasionally to crumble beef.
- ☐ Add carrot, chili powder, sugar, oregano, and red pepper; cook 2 minutes, stirring occasionally. Stir in tomatoes; bring to a boil. Reduce heat to medium; cook 10 minutes or until thickened and carrot is tender, stirring occasionally.
- ☐ Partially mash 1 cup beans with a fork or potato masher.
- ☐ Add mashed beans and remaining whole beans to pan; cook 1 minute or until thoroughly heated. Spoon 1 cup bean mixture onto bottom half of each roll; top each serving with 1 red onion slice and top half of roll.

Nutrition Facts



Properties

Glycemic Index:72.46, Glycemic Load:9.07, Inflammation Score:-10, Nutrition Score:26.782173665969%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 472.93kcal (23.65%), Fat: 16.8g (25.84%), Saturated Fat: 3.98g (24.89%), Carbohydrates: 60.92g (20.31%), Net Carbohydrates: 50.13g (18.23%), Sugar: 11.08g (12.31%), Cholesterol: 28.92mg (9.64%), Sodium: 951.95mg (41.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.93g (43.85%), Vitamin A: 3287.15IU (65.74%), Manganese: 0.94mg (46.9%), Selenium: 31.47µg (44.96%), Fiber: 10.79g (43.14%), Vitamin B1: 0.52mg (34.91%), Iron: 6.15mg (34.19%), Vitamin B3: 6.74mg (33.69%), Phosphorus: 303.2mg (30.32%), Folate: 108.76µg (27.19%), Potassium: 944.44mg (26.98%), Copper: 0.54mg (26.97%), Vitamin B6: 0.54mg (26.77%), Vitamin B2: 0.42mg (24.75%), Zinc: 3.6mg (23.98%), Vitamin E: 3.51mg (23.43%), Magnesium: 87.27mg (21.82%), Vitamin K: 21.17µg (20.16%), Vitamin C: 15.21mg (18.44%), Calcium: 155.91mg (15.59%), Vitamin B12: 0.92µg (15.38%), Vitamin B5: 1.04mg (10.4%)