



HEALTH SCORE

92%

Asian Sloppy Joe Sliders



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



5580 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup tomatoes diced canned drained
- ☐ 2 tablespoons canola oil
- ☐ 1 cup celery finely chopped
- ☐ 20 brioche dinner rolls split toasted
- ☐ 1 tablespoon ginger fresh minced
- ☐ 2.5 tablespoons garlic minced
- ☐ 1 pound ground chicken thighs
- ☐ 1 pound ground pork

- ☐ 1 cup hoisin sauce
- ☐ 1 serving kosher salt
- ☐ 0.3 cup juice of lime freshly squeezed
- ☐ 1 serving pepper freshly ground
- ☐ 2 medium onions red finely chopped (medium)
- ☐ 3 tablespoons sambal oelek
- ☐ 3 tablespoons sambal oelek

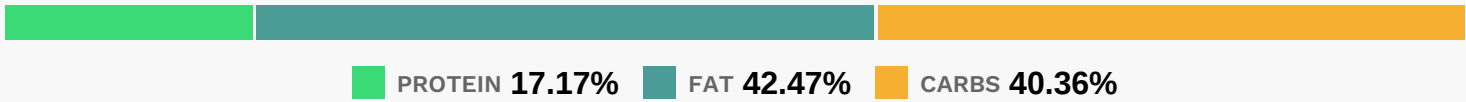
Equipment

- ☐ frying pan

Directions

- ☐ In a large, deep skillet, heat the canola oil until shimmering.
- ☐ Add the onions, celery, sambal oelek, garlic, ginger and a generous pinch each of salt and pepper and cook over moderate heat, stirring occasionally, until the vegetables are softened, about 8 minutes.
- ☐ Add the ground chicken and pork and cook, stirring occasionally to break up the meat, until no pink remains, about 5 minutes. Stir in the hoisin, tomatoes and lime juice and bring to a boil. Simmer over moderately low heat, stirring occasionally, until thickened, about 20 minutes. Season with salt and pepper.
- ☐ Spoon about 1/4 cup of the sloppy joe filling on the bottom half of each roll. Top with shredded lettuce and pickles and serve.

Nutrition Facts



Properties

Glycemic Index:136, Glycemic Load:7.02, Inflammation Score:-10, Nutrition Score:86.049130377562%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 5.43mg, Hesperetin: 5.43mg, Hesperetin: 5.43mg, Hesperetin: 5.43mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg,

Naringenin: 0.23mg Apigenin: 2.92mg, Apigenin: 2.92mg, Apigenin: 2.92mg, Apigenin: 2.92mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 46.91mg, Quercetin: 46.91mg, Quercetin: 46.91mg

Nutrients (% of daily need)

Calories: 5580.35kcal (279.02%), Fat: 263.86g (405.94%), Saturated Fat: 72.75g (454.68%), Carbohydrates: 564.18g (188.06%), Net Carbohydrates: 515.22g (187.35%), Sugar: 106.83g (118.7%), Cholesterol: 779.36mg (259.79%), Sodium: 10196.81mg (443.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 239.95g (479.89%), Selenium: 489.85µg (699.79%), Manganese: 10.56mg (528.07%), Vitamin B1: 7.68mg (511.88%), Vitamin B3: 81.53mg (407.64%), Vitamin B2: 4.89mg (287.76%), Phosphorus: 2684.61mg (268.46%), Vitamin B6: 5mg (250.24%), Iron: 43.78mg (243.21%), Fiber: 48.96g (195.85%), Calcium: 1913.14mg (191.31%), Folate: 720.33µg (180.08%), Zinc: 25.42mg (169.44%), Magnesium: 620.5mg (155.13%), Potassium: 4764.33mg (136.12%), Copper: 2.46mg (122.88%), Vitamin B5: 11.97mg (119.67%), Vitamin B12: 6.08µg (101.3%), Vitamin K: 92.39µg (87.99%), Vitamin C: 70.75mg (85.75%), Vitamin E: 11.84mg (78.9%), Vitamin A: 1173.34IU (23.47%), Vitamin D: 0.45µg (3.02%)