



Beef and Mushroom Sloppy Joes

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 16 ounce pre cremini mushrooms
- ☐ 3 garlic cloves minced
- ☐ 12 ounces ground sirloin
- ☐ 8 ounce hamburger buns toasted
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 tablespoon blackstrap molasses
- ☐ 1 tablespoon olive oil

- ☐ 1 cup prechopped onion
- ☐ 1 tablespoon oregano fresh minced
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup no-salt-added tomato paste
- ☐ 2 tablespoons worcestershire sauce

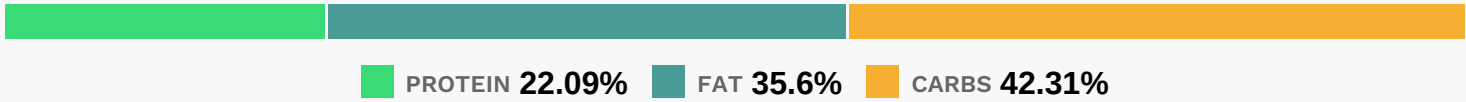
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add beef; cook for 4 minutes or until browned, stirring to crumble.
- ☐ While beef cooks, place mushrooms in a food processor; pulse 10 times or until finely chopped.
- ☐ Add mushrooms, onion, and garlic to pan; cook for 3 minutes or until onion is tender.
- ☐ Add tomato paste and next 5 ingredients (through salt) to pan; cook 5 minutes or until mushrooms are tender and liquid evaporates. Stir in pepper and hot sauce. Spoon about 1 cup beef mixture on bottom half of each bun; top with top halves of buns.

Nutrition Facts



Properties

Glycemic Index:61.25, Glycemic Load:21.9, Inflammation Score:-9, Nutrition Score:30.890434736791%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg

Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 469.92kcal (23.5%), Fat: 18.87g (29.02%), Saturated Fat: 6.04g (37.77%), Carbohydrates: 50.45g (16.82%), Net Carbohydrates: 46.05g (16.75%), Sugar: 16.43g (18.26%), Cholesterol: 57.83mg (19.28%), Sodium: 875.7mg (38.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.34g (52.68%), Selenium: 61.61µg (88.01%), Vitamin B3: 11.87mg (59.36%), Vitamin B2: 0.94mg (55.03%), Copper: 0.88mg (44.14%), Manganese: 0.86mg (43.1%), Potassium: 1393.04mg (39.8%), Phosphorus: 390.75mg (39.07%), Zinc: 5.84mg (38.96%), Iron: 6.51mg (36.19%), Vitamin B12: 2.07µg (34.54%), Vitamin B1: 0.5mg (33.64%), Vitamin B6: 0.65mg (32.49%), Folate: 102.08µg (25.52%), Vitamin B5: 2.33mg (23.35%), Magnesium: 74.42mg (18.61%), Calcium: 181.46mg (18.15%), Vitamin E: 2.64mg (17.6%), Fiber: 4.4g (17.59%), Vitamin K: 18.35µg (17.47%), Vitamin C: 13.12mg (15.9%), Vitamin A: 531.85IU (10.64%), Vitamin D: 0.2µg (1.32%)