



Big Daddy's Sloppy Joe Burgers

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound beef tenderloin diced
- 6 brioche buns toasted
- 2 tablespoons brown sugar dark
- 1 teaspoon mustard dry
- 2 cloves garlic minced
- 2 tablespoons grapeseed oil
- 0.3 cup bell pepper green minced
- 1 Dash hot sauce

- 1 teaspoon cracked pepper black
- 1 teaspoon salt
- 3 tablespoons steak sauce (preferred: A1 Steak Sauce)
- 0.3 cup vidalia onion minced

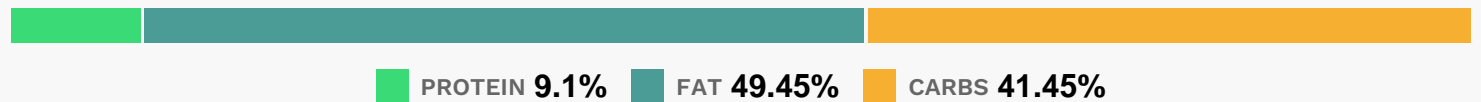
Equipment

- frying pan

Directions

- In a large skillet over medium-high heat, add oil.
- Add beef tenderloin, pepper and salt.
- Mix together. Allow to cook for a few minutes.
- Add onions, peppers and garlic and stir.
- Mix in steak sauce, brown sugar, hot sauce and dry mustard. Cook until browned.
- Serve on toasted brioche.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.15, Inflammation Score:-4, Nutrition Score:2.8534782684368%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 431.34kcal (21.57%), Fat: 24.07g (37.03%), Saturated Fat: 11.3g (70.62%), Carbohydrates: 45.39g (15.13%), Net Carbohydrates: 44.97g (16.35%), Sugar: 5.14g (5.71%), Cholesterol: 143.64mg (47.88%), Sodium: 897.77mg (39.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.97g (19.93%), Vitamin A: 767.09IU (15.34%), Vitamin

E: 1.48mg (9.84%), Vitamin C: 6.17mg (7.48%), Iron: 1.09mg (6.07%), Calcium: 59.08mg (5.91%), Manganese: 0.1mg (4.83%), Vitamin B6: 0.05mg (2.34%), Fiber: 0.42g (1.7%), Copper: 0.03mg (1.69%), Potassium: 58.52mg (1.67%), Selenium: 0.99µg (1.42%), Magnesium: 4.92mg (1.23%), Vitamin K: 1.23µg (1.17%), Phosphorus: 10.5mg (1.05%)