



BOCA Vegetarian Sloppy Joes

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup original barbecue sauce kraft
- 2 hamburger buns
- 1 tsp oil
- 2 Tbsp onions finely chopped
- 1 Tbsp claussen pickle relish sweet
- 1 cup boca veggie ground crumbles frozen

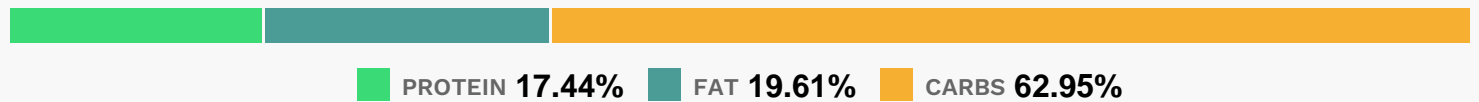
Equipment

- frying pan

Directions

- Cook and stir onions in hot oil in small nonstick skillet on medium heat 1 to 2 min. or until onions are crisp-tender.
- Stir in all remaining ingredients except buns; cook 5 min. or until crumbles are cooked through (160F), stirring occasionally.
- Fill buns with crumbles mixture.

Nutrition Facts



Properties

Glycemic Index:5.93, Glycemic Load:1.74, Inflammation Score:-1, Nutrition Score:1.8395652359594%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 36.34kcal (1.82%), Fat: 0.8g (1.22%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 5.75g (1.92%), Net Carbohydrates: 5.31g (1.93%), Sugar: 2.41g (2.68%), Cholesterol: 0mg (0%), Sodium: 108.95mg (4.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Vitamin B12: 0.47µg (7.76%), Vitamin B1: 0.1mg (6.68%), Vitamin B3: 0.91mg (4.53%), Iron: 0.52mg (2.91%), Vitamin B6: 0.05mg (2.64%), Selenium: 1.63µg (2.33%), Manganese: 0.04mg (1.98%), Phosphorus: 18.27mg (1.83%), Vitamin B2: 0.03mg (1.81%), Fiber: 0.44g (1.75%), Folate: 5.75µg (1.44%), Vitamin K: 1.42µg (1.35%), Calcium: 10.17mg (1.02%)