



Bombay Sloppy Joes

READY IN



55 min.

SERVINGS



4

CALORIES



546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce tomato sauce canned
- 0.5 serrano chile pepper minced seeded
- 1 serrano chile pepper (don't chop it unless you like things spicy!)
- 1 teaspoon cumin seeds
- 1 handful cilantro leaves fresh soft (stems included)
- 1 teaspoon garam masala
- 2 cloves garlic minced
- 1 tablespoon ginger minced peeled
- 1 pound pd of ground turkey

- 0.3 cup half-and-half
- 0.5 teaspoon honey
- 4 servings kosher salt
- 0.5 teaspoon paprika
- 0.3 cup handful pistachios shelled
- 0.3 cup handful raisins
- 1 bell pepper diced red seeded finely
- 4 sesame buns
- 2 tablespoons vegetable oil
- 3 tablespoons vegetable oil
- 1 large onion diced white finely

Equipment

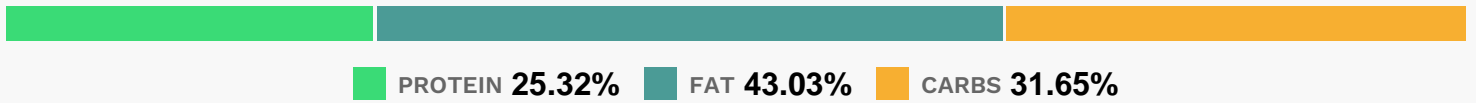
- frying pan
- sauce pan

Directions

- Heat the vegetable oil in a medium saucepan over medium heat.
- Add the ginger, garlic and chile pepper and cook until the ginger and garlic brown a little, about 1 minute.
- Add the garam masala and paprika and cook 30 seconds.
- Add the tomato sauce and 1 cup water, stir and bring to a boil. Reduce the heat to low and simmer, uncovered, 15 minutes.
- Heat 2 tablespoons vegetable oil in a large skillet over medium heat.
- Add the raisins and pistachios and cook, stirring occasionally, until the raisins swell up and the pistachios toast slightly, about 1 minute.
- Remove from the skillet and set aside.
- Return the skillet to medium heat and add the remaining 1 to 2 tablespoons vegetable oil.
- Add the cumin seeds and let sizzle about 10 seconds, then add the onion and bell pepper and cook until softened and starting to brown, about 5 minutes.

- Add the chile pepper and cook 2 more minutes, seasoning with salt.
- Add the turkey, breaking up the big lumps, and cook until opaque, about 5 minutes.
- Add the prepared sauce to the turkey-and-onion mixture in the skillet. Stir and bring to a boil, then reduce the heat to low and simmer until the mixture thickens slightly, about 10 minutes.
- Remove the whole chile pepper (unless you want to eat it, like my dad does!) and stir in the honey, half-and-half, raisins and pistachios. Taste for seasoning. Stir in the cilantro right before serving.
- Toast the buns and fill with the sloppy joe mixture. Eat with your hands!

Nutrition Facts



Properties

Glycemic Index:98.02, Glycemic Load:20.33, Inflammation Score:-9, Nutrition Score:30.076521977134%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg

Nutrients (% of daily need)

Calories: 545.78kcal (27.29%), Fat: 26.84g (41.29%), Saturated Fat: 5.11g (31.91%), Carbohydrates: 44.4g (14.8%), Net Carbohydrates: 38.96g (14.17%), Sugar: 11.83g (13.14%), Cholesterol: 67.66mg (22.55%), Sodium: 982.57mg (42.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.53g (71.06%), Vitamin B3: 14.51mg (72.55%), Vitamin B6: 1.43mg (71.58%), Vitamin C: 51.79mg (62.77%), Selenium: 38.85µg (55.49%), Phosphorus: 414.07mg (41.41%), Vitamin K: 41.7µg (39.72%), Vitamin A: 1724.95IU (34.5%), Manganese: 0.61mg (30.66%), Vitamin B1: 0.45mg (30.05%), Potassium: 1033.65mg (29.53%), Vitamin E: 3.94mg (26.29%), Iron: 4.57mg (25.38%), Vitamin B2: 0.42mg (24.63%), Fiber: 5.44g (21.77%), Folate: 85.61µg (21.4%), Magnesium: 83.64mg (20.91%), Copper: 0.4mg (20.14%), Zinc: 2.99mg (19.96%), Vitamin B5: 1.58mg (15.84%), Calcium: 126.3mg (12.63%), Vitamin B12: 0.69µg (11.53%), Vitamin D: 0.45µg (3.02%)