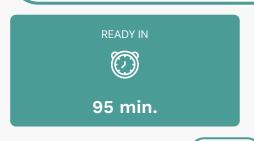


# **Bubba's Sloppy Joes**



2 pounds ground beef





LUNCH

MAIN COURSE

MAIN DISH

DINNER

# **Ingredients**

2 tablespoons apple cider vinegar
2 cups barbeque sauce sweet (such as Baby Ray's®)
0.3 cup brown sugar
3 tablespoons butter
0.3 cup cilantro leaves fresh chopped
6 cloves garlic minced
0.5 teaspoon garlic powder
1 large bell pepper green chopped

	2 pinches ground nutmeg to taste
	0.5 teaspoon ground pepper black
	12 hamburger buns
	1 teaspoon penzey's southwest seasoning italian
	1 cup catsup
	0.5 teaspoon smokehouse maple seasoning to taste mccormick® grill mates® (such as )
	1 teaspoon onion powder
	0.3 teaspoon hickory salt smoked to taste mccormick® (such as )
	0.5 teaspoon hamburger seasoning to taste mccormick® grill mates® (such as )
	0.8 teaspoon greek seasoning to taste (such as Cavender's®)
	1 large onion sweet chopped vidalia® (such as )
	1 tablespoon worcestershire sauce
	2 tablespoons mustard yellow prepared (such as Colman's®)
Eq	uipment
Eq	rying pan
	•
	frying pan
	frying pan  rections  Melt butter in a skillet over medium heat. Cook and stir garlic in hot butter until fragrant, 1 to 2 minutes. Stir onion, green pepper, and cilantro into garlic; cook and stir until the onion is
	frying pan  Melt butter in a skillet over medium heat. Cook and stir garlic in hot butter until fragrant, 1 to 2 minutes. Stir onion, green pepper, and cilantro into garlic; cook and stir until the onion is softened, 5 to 10 minutes.  Cook and stir ground beef in a large skillet over medium heat until browned, 5 to 10 minutes; drain fat. Increase heat to medium-high. Stir brown sugar, mustard, Worcestershire sauce, Italian seasoning, onion powder, Greek seasoning, hamburger seasoning, garlic powder, black pepper, smokehouse maple seasoning, smoked salt, and nutmeg into ground beef mixture;

## **Nutrition Facts**

### **Properties**

Glycemic Index:34.54, Glycemic Load:13.2, Inflammation Score:-6, Nutrition Score:15.974347881649%

#### **Flavonoids**

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

### Nutrients (% of daily need)

Calories: 478.36kcal (23.92%), Fat: 20.19g (31.07%), Saturated Fat: 8.06g (50.36%), Carbohydrates: 55.65g (18.55%), Net Carbohydrates: 53.37g (19.41%), Sugar: 29.85g (33.16%), Cholesterol: 61.2mg (20.4%), Sodium: 1057.18mg (45.96%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 18.48g (36.96%), Selenium: 25.19µg (35.99%), Vitamin B3: 5.75mg (28.73%), Vitamin B12: 1.71µg (28.5%), Zinc: 3.72mg (24.81%), Manganese: 0.47mg (23.43%), Vitamin B6: 0.44mg (21.94%), Iron: 3.9mg (21.65%), Vitamin B1: 0.31mg (20.72%), Phosphorus: 197.57mg (19.76%), Vitamin B2: 0.32mg (19.03%), Vitamin C: 14.79mg (17.93%), Potassium: 525.76mg (15.02%), Folate: 58.78µg (14.7%), Calcium: 124.61mg (12.46%), Vitamin K: 11.7µg (11.15%), Magnesium: 40.47mg (10.12%), Copper: 0.19mg (9.49%), Vitamin E: 1.38mg (9.22%), Fiber: 2.27g (9.09%), Vitamin A: 385.83IU (7.72%), Vitamin B5: 0.55mg (5.45%)