



Bubba's Sloppy Joes

READY IN



95 min.

SERVINGS



12

CALORIES



478 kcal

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 pounds ground beef

- ☐ 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®)

Equipment

- ☐ frying pan

Directions

- ☐ 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; cook until boiling, 4 to 6 minutes.
- ☐ Stir onion mixture into beef mixture; reduce heat to simmer.
- ☐ Pour barbeque sauce, ketchup, and apple cider vinegar into beef mixture; stir, cover, and simmer until sauce is thickened, 30 minutes. Scoop beef into hamburger buns and serve.

Nutrition Facts



 PROTEIN **15.46%**  FAT **38%**  CARBS **46.54%**

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 Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg 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 %: 0% (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%)