



Buffalo Turkey Sloppy Joes

READY IN



45 min.

SERVINGS



8

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings pepper black freshly ground
- 1 cup cheese crumbles blue
- 3 tablespoons butter
- 0.3 cup buttermilk
- 14 ounce tomato sauce canned
- 4 to 5 carrots peeled finely chopped for plate garnish cut into sticks
- 5 ribs rib celery finely chopped for plate garnish cut into sticks
- 8 servings celery salt
- 1 cup chicken stock see

- 2 tablespoons cider vinegar
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- 8 servings dill pickles chopped
- 0.3 cup herbs fresh such as dill, chives and parsley leaves chopped
- 2 tablespoons thyme leaves fresh
- 1 large clove garlic grated
- 4 cloves garlic finely chopped
- 2 pounds ground turkey breast
- 12 hamburger rolls soft
- 0.3 cup to extra spicy hot sauce red such as frank's hot
- 1 onion finely chopped
- 8 servings onion raw chopped
- 8 servings salt and pepper black freshly ground
- 1 cup cup heavy whipping cream sour
- 2 tablespoons worcestershire sauce

Equipment

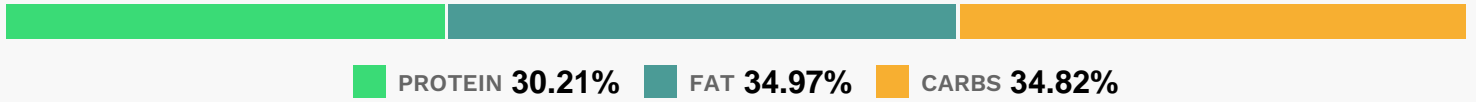
- bowl
- frying pan
- whisk

Directions

- Watch how to make this recipe.
- Heat the butter in a large skillet over medium-high heat. When the butter foams, add the turkey. Brown and crumble. Season with celery salt and pepper.
- Add the thyme, chopped celery, chopped carrots and onions. Cook, partially covered, to soften, 12 to 15 minutes. Then deglaze the pan with the beer.
- Add the hot sauce, vinegar, Worcestershire and tomato sauce. Then simmer to thicken. Cool and store for a make-ahead meal. Reheat over medium heat to bubbly hot.

- For the dressing: In a bowl, combine the blue cheese, sour cream, herbs, lemon juice, garlic and some salt and pepper.
- Whisk in as little or as much of the buttermilk to the dressing for the consistency you like.
- Serve the sloppy buffalo meat on rolls topped with the pickles, onions and a dollop of dressing.
- Serve the additional dressing for dipping the carrot and celery sticks alongside.

Nutrition Facts



Properties

Glycemic Index:79.23, Glycemic Load:22.1, Inflammation Score:-10, Nutrition Score:33.636086920033%

Flavonoids

Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 528.4kcal (26.42%), Fat: 20.69g (31.83%), Saturated Fat: 10.24g (64.03%), Carbohydrates: 46.36g (15.45%), Net Carbohydrates: 42.16g (15.33%), Sugar: 11.99g (13.32%), Cholesterol: 105.28mg (35.09%), Sodium: 1930.94mg (83.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.21g (80.43%), Vitamin A: 6223.17IU (124.46%), Vitamin B3: 15.4mg (77.01%), Selenium: 47.94µg (68.49%), Vitamin B6: 1.24mg (61.97%), Vitamin K: 64.53µg (61.46%), Phosphorus: 477.68mg (47.77%), Vitamin B1: 0.53mg (35.23%), Vitamin B2: 0.58mg (34.22%), Manganese: 0.63mg (31.65%), Calcium: 307.07mg (30.71%), Potassium: 965.36mg (27.58%), Iron: 4.78mg (26.53%), Folate: 105.86µg (26.47%), Zinc: 3.48mg (23.23%), Magnesium: 80.56mg (20.14%), Vitamin C: 16.39mg (19.87%), Vitamin B5: 1.75mg (17.51%), Vitamin B12: 1.03µg (17.14%), Fiber: 4.21g (16.82%), Copper: 0.29mg (14.75%), Vitamin E: 1.6mg (10.63%), Vitamin D: 0.67µg (4.45%)