



Chili Sloppy Joes

 Dairy Free

READY IN



23 min.

SERVINGS



10

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon bottled garlic minced
- 2 teaspoons chili powder
- 16 ounce chili beans in mild sauce undrained canned (such as Bush's)
- 0.5 cup bell pepper green finely chopped (1 small)
- 1 teaspoon ground cumin
- 15.5 ounce sloppy joe sauce canned (such as Hunt's)
- 1 tablespoon mustard prepared
- 2 teaspoons olive oil

- 0.5 cup onion finely chopped (1 small)
- 12 ounce recipe crumbles frozen burger-style
- 2 ounce wheat hamburger buns reduced-calorie

Equipment

- frying pan

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion, bell pepper, and garlic, and saut 3 minutes.
- Add mustard and next 5 ingredients; bring to a simmer. Reduce heat to low, and simmer, uncovered, 9 minutes or until thick, stirring occasionally. Spoon onto buns.

Nutrition Facts

■ PROTEIN **19.42%** ■ FAT **14.56%** ■ CARBS **66.02%**

Properties

Glycemic Index:16.6, Glycemic Load:2.03, Inflammation Score:-4, Nutrition Score:10.629565232474%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 175.58kcal (8.78%), Fat: 2.85g (4.38%), Saturated Fat: 0.37g (2.34%), Carbohydrates: 29.04g (9.68%), Net Carbohydrates: 25.73g (9.36%), Sugar: 17.56g (19.51%), Cholesterol: 0mg (0%), Sodium: 1332.6mg (57.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.54g (17.08%), Vitamin B12: 2.84µg (47.25%), Vitamin B1: 0.51mg (33.74%), Vitamin B3: 5.03mg (25.14%), Vitamin B6: 0.4mg (20.17%), Vitamin C: 14.41mg (17.46%), Iron: 2.62mg (14.58%), Fiber: 3.31g (13.23%), Phosphorus: 107.62mg (10.76%), Vitamin A: 458.56IU (9.17%), Potassium: 283.41mg (8.1%), Vitamin E: 1.2mg (7.97%), Vitamin B2: 0.12mg (7.33%), Manganese: 0.1mg (4.78%), Copper: 0.08mg (4.23%), Selenium: 2.9µg (4.14%), Vitamin K: 4.18µg (3.98%), Zinc: 0.57mg (3.77%), Folate: 11.96µg (2.99%), Magnesium: 10.72mg (2.68%), Calcium: 26.67mg (2.67%)