



Chipotle Sloppy Joes

 Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bell pepper green
- ☐ 7 ounce chipotles in adobo canned
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 pound ground sirloin
- ☐ 7.5 ounce hawaiian rolls toasted
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons tomato paste
- ☐ 8 ounce tomato sauce canned

☐ 2.5 cups onion sweet

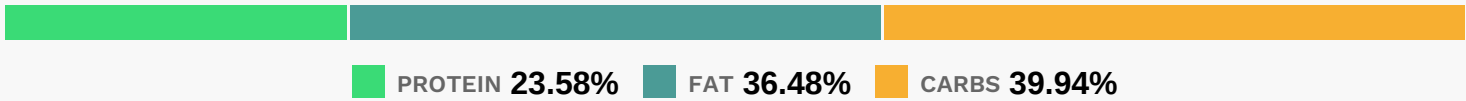
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a small nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion to pan; cover and cook 8 minutes or until golden brown, stirring frequently.
- ☐ Remove from heat; set aside.
- ☐ Remove 1 teaspoon adobo sauce from can; set aside.
- ☐ Remove 1 chipotle chile from can; chop and set aside. Reserve remaining chiles and adobo sauce for another use.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add beef to pan; cook 4 minutes or until browned, stirring to crumble.
- ☐ Add bell pepper to pan; saut 2 minutes. Stir in chopped chipotle chile, adobo sauce, tomato paste, and next 3 ingredients (through tomato sauce); cook 3 minutes, stirring occasionally. Spoon 1/2 cup beef mixture over bottom half of each bun, and top evenly with onions and top half of bun.
- ☐ Plate with pickle chips and a simple slaw.
- ☐ Combine 1/3 cup canola-based mayonnaise, 1 1/2 teaspoons sugar, 1/2 teaspoon freshly ground black pepper, 1/4 teaspoon salt, and 1/4 teaspoon dry mustard in a large bowl; stir with a whisk.
- ☐ Add 3 cups packaged cabbage-and-carrot coleslaw, tossing well to combine.

Nutrition Facts



Properties

Glycemic Index:33.4, Glycemic Load:13.99, Inflammation Score:-7, Nutrition Score:18.77521749683%

Flavonoids

Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 11.95mg, Quercetin: 11.95mg, Quercetin: 11.95mg, Quercetin: 11.95mg

Nutrients (% of daily need)

Calories: 385.61kcal (19.28%), Fat: 15.57g (23.95%), Saturated Fat: 5.72g (35.73%), Carbohydrates: 38.36g (12.79%), Net Carbohydrates: 31.69g (11.52%), Sugar: 12.52g (13.91%), Cholesterol: 61.69mg (20.56%), Sodium: 1008.18mg (43.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.64g (45.29%), Selenium: 26.92µg (38.46%), Vitamin B12: 2.05µg (34.23%), Vitamin B3: 6.83mg (34.14%), Zinc: 4.65mg (30.99%), Iron: 5.33mg (29.6%), Vitamin B6: 0.54mg (26.86%), Fiber: 6.67g (26.69%), Vitamin C: 20.96mg (25.41%), Phosphorus: 241.22mg (24.12%), Vitamin B1: 0.33mg (21.75%), Manganese: 0.4mg (19.95%), Vitamin B2: 0.32mg (19.08%), Potassium: 644.06mg (18.4%), Folate: 70.18µg (17.54%), Copper: 0.24mg (11.97%), Magnesium: 45.04mg (11.26%), Calcium: 103.14mg (10.31%), Vitamin E: 1.46mg (9.71%), Vitamin B5: 0.74mg (7.4%), Vitamin A: 354.89IU (7.1%), Vitamin K: 6.57µg (6.26%)