



Chorizo Stout Sloppy Joes

READY IN



45 min.

SERVINGS



8

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce cheese sliced (Cheddar, Swiss, or pepper jack)
- ☐ 12 ounce mexican chorizo
- ☐ 4 clove garlic minced peeled (and)
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 pound ground pork
- ☐ 2 tablespoon olive oil
- ☐ 0.5 teaspoon freshly cracked pepper black
- ☐ 1 bell pepper diced red ()
- ☐ 1 cup stout beer (such as Guinness)

- ☐ 8 kaiser rolls
- ☐ 0.5 cup tomato sauce
- ☐ 0.5 cup onion diced white

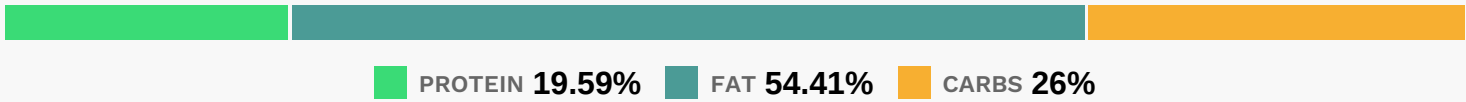
Equipment

- ☐ frying pan
- ☐ oven
- ☐ toaster

Directions

- ☐ In a skillet over medium high heat, add the olive oil.
- ☐ Add the red pepper and onions, cook until softened, about 5 minutes.
- ☐ Add the garlic and stir, cooking for about 30 seconds.
- ☐ Add the pork and chorizo; cook until browned and mostly cooked through.
- ☐ Drain off most of the grease that has accumulated.
- ☐ Add the stout, tomato paste, cumin and black pepper, simmer until pork is cooked thorough, about 10 minutes.Toast the buns in a warm skillet or toaster oven.Scoop meat into buns, Cover with cheese slices and tops buns.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.38, Glycemic Load:23.81, Inflammation Score:-6, Nutrition Score:14.050000154454%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 578.55kcal (28.93%), Fat: 34.15g (52.54%), Saturated Fat: 12.83g (80.17%), Carbohydrates: 36.71g (12.24%), Net Carbohydrates: 34.87g (12.68%), Sugar: 6.05g (6.72%), Cholesterol: 86.32mg (28.77%), Sodium: 526.3mg (22.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.67g (55.33%), Iron: 12.45mg (69.19%), Vitamin B1: 0.44mg (29.2%), Vitamin C: 21.72mg (26.33%), Selenium: 17.41µg (24.87%), Phosphorus: 207.33mg (20.73%), Calcium: 182.31mg (18.23%), Vitamin A: 853.2IU (17.06%), Vitamin B6: 0.32mg (16.17%), Vitamin B2: 0.24mg (14.33%), Vitamin B3: 2.8mg (14.02%), Zinc: 2mg (13.3%), Vitamin B12: 0.57µg (9.56%), Potassium: 280.24mg (8.01%), Fiber: 1.85g (7.39%), Vitamin E: 1.02mg (6.81%), Magnesium: 22.41mg (5.6%), Vitamin B5: 0.54mg (5.41%), Manganese: 0.1mg (4.85%), Folate: 16.86µg (4.21%), Vitamin K: 4.07µg (3.88%), Copper: 0.06mg (3.15%)