



Easy Barbecued Sloppy Joes

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup original barbecue sauce kraft
- 16 oz pd of ground turkey thawed
- 4 hamburger buns
- 0.3 cup onions chopped
- 1 small bell pepper green red chopped

Equipment

- frying pan

Directions

- Cook turkey in large nonstick skillet until done; drain.
- Add peppers and onions; cook and stir until crisp-tender.
- Add barbecue sauce; cook 1 to 2 min. or until heated through, stirring occasionally.
- Fill buns with turkey mixture.

Nutrition Facts



Properties

Glycemic Index:4.95, Glycemic Load:2.63, Inflammation Score:-1, Nutrition Score:3.7399999913962%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 75.53kcal (3.78%), Fat: 0.88g (1.35%), Saturated Fat: 0.19g (1.2%), Carbohydrates: 10.5g (3.5%), Net Carbohydrates: 10.12g (3.68%), Sugar: 5.55g (6.16%), Cholesterol: 12.47mg (4.16%), Sodium: 201.53mg (8.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.71%), Vitamin B3: 2.67mg (13.33%), Vitamin B6: 0.22mg (11.06%), Selenium: 7.55µg (10.78%), Phosphorus: 64.35mg (6.43%), Vitamin B1: 0.07mg (4.47%), Vitamin C: 3.32mg (4.02%), Manganese: 0.07mg (3.7%), Vitamin B2: 0.06mg (3.47%), Potassium: 119.97mg (3.43%), Zinc: 0.49mg (3.3%), Iron: 0.58mg (3.21%), Magnesium: 10.98mg (2.75%), Folate: 10.93µg (2.73%), Vitamin B5: 0.23mg (2.29%), Vitamin B12: 0.13µg (2.21%), Calcium: 18.61mg (1.86%), Copper: 0.04mg (1.8%), Fiber: 0.38g (1.52%), Vitamin E: 0.17mg (1.12%), Vitamin A: 51.52IU (1.03%)