



Garden "Sloppy Joes"



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup carrots diced
- ☐ 1 cup celery chopped
- ☐ 2 teaspoons chili powder
- ☐ 1.5 ounce hamburger buns whole-wheat
- ☐ 0.3 cup bottled hot-and-spicy barbecue sauce
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon oregano dried

- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce tempeh crumbled
- ☐ 2 cups tomatoes in purée canned crushed undrained
- ☐ 0.3 cup water

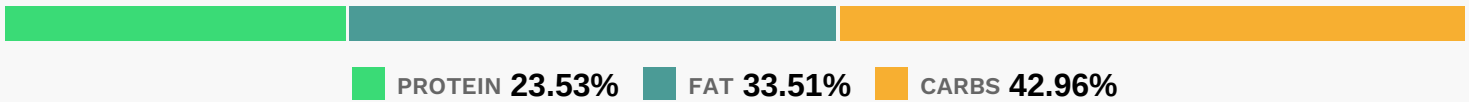
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a nonstick skillet over medium heat.
- ☐ Add onion, celery, carrot, and tempeh, and saut 5 minutes. Stir in tomatoes and next 6 ingredients (tomatoes through salt). Bring to a boil; cover, reduce heat, and simmer 10 minutes, stirring occasionally. Uncover and cook an additional 3 minutes or until mixture is slightly thick.
- ☐ Serve on hamburger buns.

Nutrition Facts



Properties

Glycemic Index:32.23, Glycemic Load:3.97, Inflammation Score:-8, Nutrition Score:10.131739235443%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 113.67kcal (5.68%), Fat: 4.61g (7.09%), Saturated Fat: 0.87g (5.45%), Carbohydrates: 13.29g (4.43%), Net Carbohydrates: 11g (4%), Sugar: 4.58g (5.09%), Cholesterol: 0mg (0%), Sodium: 404.63mg (17.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.28g (14.56%), Vitamin A: 1686.9IU (33.74%), Manganese: 0.59mg (29.67%),

Vitamin C: 13.59mg (16.48%), Copper: 0.3mg (15.09%), Potassium: 411.99mg (11.77%), Phosphorus: 114.48mg (11.45%), Iron: 2.01mg (11.18%), Vitamin B6: 0.22mg (11.17%), Magnesium: 42.38mg (10.6%), Vitamin B2: 0.18mg (10.45%), Vitamin K: 10.59µg (10.08%), Vitamin B3: 1.94mg (9.68%), Fiber: 2.29g (9.17%), Vitamin E: 1.23mg (8.2%), Vitamin B1: 0.12mg (7.85%), Calcium: 77.06mg (7.71%), Folate: 30.44µg (7.61%), Zinc: 0.63mg (4.2%), Vitamin B5: 0.34mg (3.4%), Selenium: 2.08µg (2.97%)