



G.I. Joes

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.5 teaspoon pepper black
- ☐ 28 ounce canned tomatoes crushed undrained canned
- ☐ 1 teaspoon chili powder
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 12 ounce hamburger buns
- ☐ 1 tablespoon soya sauce low-sodium

- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 cup bell pepper red chopped
- ☐ 0.1 teaspoon salt
- ☐ 12 ounce soy crumbles frozen thawed (such as Morningstar Farms)
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup sun-dried tomatoes packed
- ☐ 1 cup water boiling

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine boiling water and sun-dried tomatoes in a bowl, and let stand 5 minutes or until tomatoes are soft.
- ☐ Drain and chop tomatoes.
- ☐ Heat the olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add chopped onion, red bell pepper, and garlic; saut 3 minutes or until vegetables are tender. Stir in the sun-dried tomatoes, soy sauce, and the next 8 ingredients (soy sauce through crushed tomatoes). Bring mixture to a boil; reduce heat, and simmer 20 minutes or until slightly thick, stirring the mixture occasionally. Stir in soy crumbles; cook 2 minutes or until thoroughly heated, stirring frequently. Spoon about 2/3 cup crumbles mixture onto bottom half of each roll; top with top halves of rolls.

Nutrition Facts



Properties

Glycemic Index:63.52, Glycemic Load:22.84, Inflammation Score:-9, Nutrition Score:31.207391262054%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 357.43kcal (17.87%), Fat: 7.87g (12.1%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 55.28g (18.43%), Net Carbohydrates: 46.39g (16.87%), Sugar: 17.89g (19.88%), Cholesterol: 0mg (0%), Sodium: 862.35mg (37.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.22g (40.44%), Vitamin B12: 4.82µg (80.32%), Vitamin B1: 1.19mg (79.36%), Vitamin C: 51.58mg (62.53%), Vitamin B3: 11.78mg (58.92%), Iron: 8.03mg (44.61%), Manganese: 0.89mg (44.25%), Vitamin B6: 0.87mg (43.34%), Fiber: 8.89g (35.54%), Potassium: 1021.51mg (29.19%), Phosphorus: 273.31mg (27.33%), Vitamin B2: 0.44mg (25.59%), Vitamin A: 1251.08IU (25.02%), Selenium: 17.2µg (24.58%), Folate: 97.88µg (24.47%), Copper: 0.47mg (23.72%), Vitamin E: 2.75mg (18.34%), Vitamin K: 19.18µg (18.27%), Magnesium: 69.36mg (17.34%), Calcium: 160.94mg (16.09%), Zinc: 1.78mg (11.86%), Vitamin B5: 0.71mg (7.1%)