



 **64%**  
HEALTH SCORE

## How to Make the Perfect Sweet Potato Sloppy Joes

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**40 min.**

SERVINGS



**4**

CALORIES



**684 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup bell pepper diced
- 0.5 cup bell pepper diced
- 1 clove garlic diced
- 1.5 pounds pd of ground turkey lean
- 4 servings olive oil
- 0.5 cup onion diced
- 4 servings salt and pepper to taste

- 4 large sweet potatoes and into
- 6 ounces tomato paste
- 14 ounces tomato sauce
- 1 cup water

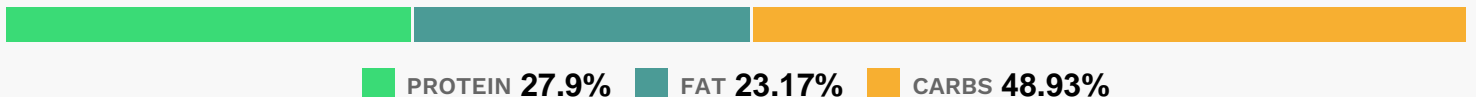
## Equipment

- frying pan
- oven
- aluminum foil

## Directions

- Preheat the oven to 425 degrees. Pierce the sweet potatoes all over the skin with a fork. Rub the outside of the potatoes with olive oil and cover with foil.
- Bake in the oven for 1 hour until fully cooked.
- Brown the ground turkey in a skillet on medium heat. Once it's finished cooking, add the onion, bell pepper, and garlic.
- Mix well. Cook until the mixture is fully cooked and starts to crumble.
- Stir in the garlic, water, tomato paste, and tomato sauce. Stir until mixed well. Turn heat down to low and simmer for 20 minutes, stirring occasionally.
- Remove the sweet potatoes from the foil and slice down the middle. Mash up the insides with a fork and pour the sloppy joe mix over sweet potatoes.
- Serve and enjoy!

## Nutrition Facts



## Properties

Glycemic Index:67.25, Glycemic Load:39.25, Inflammation Score:-10, Nutrition Score:47.342608695652%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

## Taste

Sweetness: 42.01%, Saltiness: 100%, Sourness: 17.04%, Bitterness: 14.14%, Savoriness: 66.21%, Fattiness: 65.43%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 684.15kcal (34.21%), Fat: 18.12g (27.88%), Saturated Fat: 2.94g (18.35%), Carbohydrates: 86.08g (28.69%), Net Carbohydrates: 71.51g (26%), Sugar: 25.34g (28.16%), Cholesterol: 93.55mg (31.18%), Sodium: 1279.45mg (55.63%), Protein: 49.09g (98.19%), Vitamin A: 50523.22IU (1010.46%), Vitamin B6: 2.5mg (124.96%), Vitamin B3: 21.09mg (105.46%), Vitamin C: 73.81mg (89.47%), Potassium: 2484.46mg (70.98%), Phosphorus: 624.64mg (62.46%), Selenium: 42.72µg (61.04%), Manganese: 1.2mg (60.13%), Fiber: 14.57g (58.28%), Vitamin B5: 4.73mg (47.31%), Vitamin E: 6.87mg (45.8%), Copper: 0.91mg (45.37%), Magnesium: 174.33mg (43.58%), Iron: 5.9mg (32.77%), Vitamin B2: 0.55mg (32.56%), Zinc: 4.64mg (30.95%), Vitamin B1: 0.45mg (30.05%), Vitamin K: 24.09µg (22.94%), Folate: 86µg (21.5%), Calcium: 146.9mg (14.69%), Vitamin B12: 0.87µg (14.46%), Vitamin D: 0.68µg (4.54%)