



Italian Sloppy Joes

READY IN

ready

35 min.

SERVINGS

servings

8

CALORIES

calories

677 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes diced with juice canned
- ☐ 8 servings chianti for serving
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 cloves garlic minced
- ☐ 8 ounces ground pork
- ☐ 1 pound ground sirloin
- ☐ 8 ounces ground veal
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 8 servings kosher salt and pepper black freshly ground

- ☐ 8 servings oil-packed giardiniera hot for serving
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion diced
- ☐ 8 slices aged provolone cheese
- ☐ 8 hinged hoagie/sub rolls
- ☐ 0.5 cup milk whole

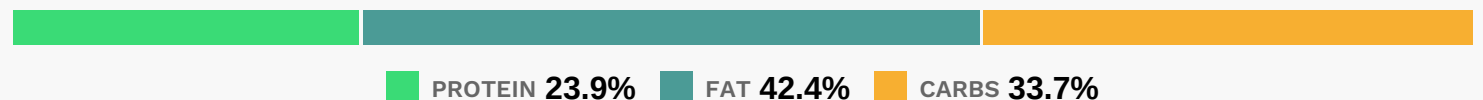
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Heat the olive oil in a Dutch oven over medium heat.
- ☐ Add in the sirloin, pork and veal, and brown until no longer pink, about 10 minutes. With a slotted spoon, remove the meat and store in a bowl, leaving the juices and fat in the Dutch oven.
- ☐ Sweat the garlic, onions and Italian seasoning in the Dutch oven, stirring frequently to insure they do not burn. Once the onions are translucent, add the meat back to the pan and then add the wine to deglaze.
- ☐ Add in the tomatoes and milk and bring to a simmer, stirring frequently until the sauce thickens, about 15 minutes. Season with salt and pepper.
- ☐ Place a piece of cheese in each hoagie roll.
- ☐ Place some meat on top and the some giardiniera on the top of it all.
- ☐ Serve with a pint of Chianti.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:25.77, Inflammation Score:-7, Nutrition Score:21.208695743395%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 676.53kcal (33.83%), Fat: 26.5g (40.77%), Saturated Fat: 10.17g (63.58%), Carbohydrates: 47.38g (15.79%), Net Carbohydrates: 44.05g (16.02%), Sugar: 10.21g (11.34%), Cholesterol: 97.15mg (32.38%), Sodium: 668.98mg (29.09%), Alcohol: 16.8g (100%), Alcohol %: 4.34% (100%), Protein: 33.62g (67.23%), Iron: 13.88mg (77.12%), Vitamin B3: 7.29mg (36.46%), Vitamin B12: 2.17µg (36.14%), Phosphorus: 352.52mg (35.25%), Zinc: 5.02mg (33.5%), Selenium: 22.07µg (31.53%), Vitamin B6: 0.63mg (31.27%), Vitamin B1: 0.35mg (23.29%), Calcium: 228.9mg (22.89%), Vitamin B2: 0.37mg (21.77%), Potassium: 710.65mg (20.3%), Copper: 0.28mg (13.96%), Fiber: 3.33g (13.33%), Vitamin B5: 1.32mg (13.24%), Manganese: 0.26mg (13.24%), Magnesium: 52.55mg (13.14%), Vitamin C: 10.68mg (12.94%), Vitamin E: 1.88mg (12.51%), Vitamin K: 9.33µg (8.88%), Vitamin A: 412.36IU (8.25%), Folate: 26.62µg (6.66%), Vitamin D: 0.32µg (2.13%)