



Italian Style Sloppy Joes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



709 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef
- ☐ 2 links pork sausage italian
- ☐ 1 cup onion finely chopped (2 medium)
- ☐ 0.5 cup bell pepper green finely chopped
- ☐ 0.8 cup mushrooms finely chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon pepper

- ☐ 1.3 cups tomatoes
- ☐ 0.7 cup barbecue sauce
- ☐ 4 large hawaiian rolls split

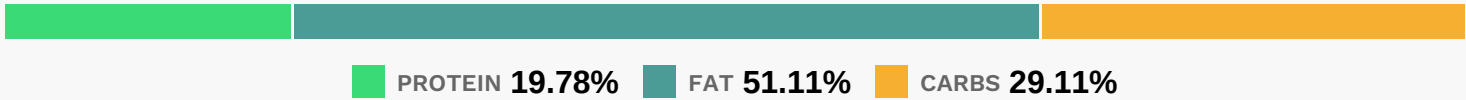
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 10-inch skillet over medium heat. In large bowl, mix together beef and pork; add to skillet.
- ☐ Add onions, bell pepper, mushrooms, garlic, salt and pepper; mix well. Cook, stirring frequently, until beef and pork are no longer pink and vegetables until tender.
- ☐ Stir in marinara and barbecue sauces.
- ☐ Heat to boiling. Reduce heat to medium-low to low; simmer 10 to 15 minutes or until thickened.
- ☐ Serve beef-pork mixture in buns.

Nutrition Facts



Properties

Glycemic Index:66.5, Glycemic Load:15.49, Inflammation Score:-7, Nutrition Score:26.039999899657%

Flavonoids

Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg

Nutrients (% of daily need)

Calories: 708.52kcal (35.43%), Fat: 40.05g (61.62%), Saturated Fat: 14.13g (88.33%), Carbohydrates: 51.33g (17.11%), Net Carbohydrates: 47.57g (17.3%), Sugar: 24.38g (27.09%), Cholesterol: 121.19mg (40.4%), Sodium: 2110.59mg

(91.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.87g (69.74%), Vitamin B3: 11.14mg (55.72%), Vitamin B12: 3µg (50%), Selenium: 31.93µg (45.61%), Zinc: 6.75mg (45.01%), Vitamin B6: 0.81mg (40.53%), Phosphorus: 364.35mg (36.43%), Vitamin B1: 0.52mg (34.36%), Iron: 5.71mg (31.71%), Vitamin B2: 0.54mg (31.48%), Vitamin C: 25.74mg (31.2%), Potassium: 1012.91mg (28.94%), Manganese: 0.57mg (28.63%), Copper: 0.38mg (18.91%), Folate: 69.88µg (17.47%), Vitamin B5: 1.63mg (16.32%), Magnesium: 64.25mg (16.06%), Vitamin E: 2.33mg (15.54%), Fiber: 3.76g (15.05%), Calcium: 131.47mg (13.15%), Vitamin A: 575.78IU (11.52%), Vitamin K: 9.86µg (9.39%), Vitamin D: 0.88µg (5.89%)