

# Lentil and White Bean Sloppy Joes

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.8 cup lentils dried rinsed
- 1 tablespoon olive oil
- 1 cup onion finely chopped
- 1 cup poblano pepper finely chopped ( 1 medium)
- 0.5 cup carrots finely chopped
- 0.3 teaspoon salt
- 2 cloves garlic minced
- 1 cup catsup

- 2 tablespoons brown sugar packed
- 1 tablespoon worcestershire sauce
- 2 teaspoons dijon mustard
- 15 oz beans white rinsed drained canned
- 1 serving hot sauce
- 2.5 inches hawaiian rolls split mini

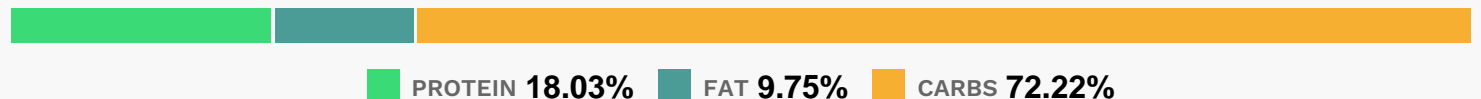
## Equipment

- frying pan
- sauce pan

## Directions

- In 2-quart saucepan, combine lentils with 4 cups water.
- Heat to boiling. Reduce heat to simmer; cover and cook about 20 minutes or until tender.
- Drain; set aside.
- Meanwhile, in 10-inch skillet, heat oil over medium-high heat.
- Add onions, chile and carrot; sprinkle with salt. Sauté 5 to 7 minutes, stirring occasionally, until tender.
- Add garlic; cook 1 minute longer.
- Stir in ketchup, brown sugar, Worcestershire sauce and mustard. Fold in beans and cooked lentils. Cook over medium heat until beans and lentils are thoroughly heated and sauce begins to bubble. Stir in a few dashes hot sauce.
- Serve in buns.

## Nutrition Facts



## Properties

Glycemic Index:43.91, Glycemic Load:6.73, Inflammation Score:-9, Nutrition Score:18.77260846839%

## Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 269.39kcal (13.47%), Fat: 3.03g (4.66%), Saturated Fat: 0.46g (2.89%), Carbohydrates: 50.49g (16.83%), Net Carbohydrates: 38.36g (13.95%), Sugar: 15.72g (17.47%), Cholesterol: 0mg (0%), Sodium: 536.02mg (23.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.6g (25.2%), Fiber: 12.13g (48.51%), Folate: 175.61µg (43.9%), Vitamin A: 2092.5IU (41.85%), Manganese: 0.84mg (41.8%), Vitamin C: 25.98mg (31.49%), Iron: 4.51mg (25.07%), Potassium: 815.75mg (23.31%), Vitamin B1: 0.33mg (21.89%), Phosphorus: 205.83mg (20.58%), Magnesium: 79.08mg (19.77%), Copper: 0.37mg (18.38%), Vitamin B6: 0.36mg (18.21%), Zinc: 2.15mg (14.33%), Vitamin E: 1.78mg (11.85%), Vitamin B2: 0.17mg (10.16%), Calcium: 94.13mg (9.41%), Vitamin K: 9.33µg (8.89%), Vitamin B3: 1.62mg (8.09%), Vitamin B5: 0.77mg (7.66%), Selenium: 4.61µg (6.58%)