



## M's Sloppy Joe Sauce

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



242 kcal

SAUCE

### Ingredients

- 0.3 cup barbeque sauce masterpiece® (such as KC )
- 1 tablespoon brown mustard
- 1 tablespoon chile-garlic sauce sriracha® (such as )
- 1 tablespoon garlic minced
- 1 bell pepper diced green
- 1 pound pd of ground turkey
- 2 tablespoons catsup
- 1 tablespoon olive oil extra-virgin

- 1 large onion diced
- 1 cup tomatoes pureed canned
- 2 tablespoons vinegar white
- 2 tablespoons worcestershire sauce

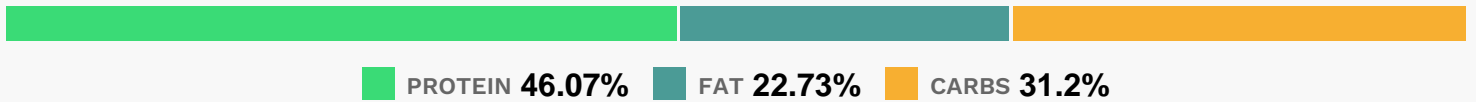
## Equipment

- frying pan

## Directions

- Heat the olive oil in a skillet over medium heat; cook the onion and bell pepper in the hot oil until they begin to soften, about 5 minutes.
- Add the garlic and ground turkey to the skillet; cook and stir until the turkey is completely crumbled and browned, another 5 to 7 minutes.
- Stir the pureed tomatoes, barbeque sauce, ketchup, vinegar, Worcestershire sauce, mustard, and chile-garlic sauce into the turkey mixture. Simmer until completely heated, 7 to 10 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:38.75, Glycemic Load:1.43, Inflammation Score:-7, Nutrition Score:17.065652266793%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg

## Nutrients (% of daily need)

Calories: 242.36kcal (12.12%), Fat: 6.19g (9.52%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 19.1g (6.37%), Net Carbohydrates: 17.05g (6.2%), Sugar: 12.46g (13.84%), Cholesterol: 62.37mg (20.79%), Sodium: 634.16mg (27.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.21g (56.41%), Vitamin B3: 11.73mg (58.64%), Vitamin B6:

1.17mg (58.27%), Vitamin C: 33.98mg (41.18%), Selenium: 26.94µg (38.49%), Phosphorus: 301.32mg (30.13%), Potassium: 672.07mg (19.2%), Zinc: 2.28mg (15.17%), Magnesium: 50.54mg (12.64%), Vitamin B5: 1.16mg (11.55%), Manganese: 0.21mg (10.7%), Vitamin A: 535.03IU (10.7%), Vitamin B2: 0.18mg (10.68%), Iron: 1.85mg (10.26%), Vitamin B12: 0.58µg (9.64%), Vitamin B1: 0.14mg (9.15%), Copper: 0.17mg (8.4%), Fiber: 2.05g (8.19%), Vitamin E: 1.19mg (7.92%), Vitamin K: 8.09µg (7.71%), Folate: 27.34µg (6.84%), Calcium: 40.31mg (4.03%), Vitamin D: 0.45µg (3.02%)