



## Neat Sloppy Joes

 Dairy Free

READY IN



60 min.

SERVINGS



20

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 tablespoons brown sugar packed
- ☐ 1 medium carrots finely chopped
- ☐ 2.5 teaspoons chili powder
- ☐ 2 cloves garlic chopped
- ☐ 8 ounces pd of ground turkey lean
- ☐ 0.8 cup chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 14 oz pie crust dough refrigerated

- ☐ 20 servings salt
- ☐ 3 tablespoons tomato paste
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 small onion yellow finely chopped

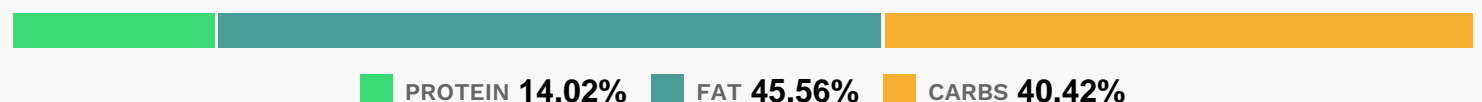
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ In a large nonstick skillet, warm oil over medium heat.
- ☐ Add carrot and onion; cook, stirring, until tender, 8 to 10 minutes. Stir in garlic; saut for 1 minute. Increase heat to medium high.
- ☐ Add turkey and cook, stirring and breaking up meat, until browned, about 5 minutes.
- ☐ Add tomato paste, brown sugar, Worcestershire and chili powder. Cook, stirring, for 1 minute. Stir in broth, reduce heat and simmer until thickened but still saucy, about 4 minutes. Season with salt.
- ☐ Transfer mixture to a plate; let cool to room temperature.
- ☐ Preheat oven to 425F; line a large baking sheet with parchment.
- ☐ Cut both sheets of dough into quarters so you have 8 wedges. Divide filling evenly among pastry wedges, spooning filling on half of each wedge, from the curved edge toward the tip. Moisten edges with water and fold in half; pinch edges to seal. Crimp edges with tines of a fork, if desired.
- ☐ Place on baking sheet and bake until dough is golden brown and filling is hot, about 20 minutes.
- ☐ Serve hot, or let cool, cover and refrigerate until ready to pack for lunch.

## Nutrition Facts



## Properties

Glycemic Index:7.44, Glycemic Load:0.36, Inflammation Score:-5, Nutrition Score:3.7400000121282%

## Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

## Nutrients (% of daily need)

Calories: 121.98kcal (6.1%), Fat: 6.21g (9.55%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 12.39g (4.13%), Net Carbohydrates: 11.56g (4.2%), Sugar: 1.87g (2.07%), Cholesterol: 6.24mg (2.08%), Sodium: 320.15mg (13.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.59%), Vitamin A: 624.06IU (12.48%), Vitamin B3: 1.9mg (9.52%), Vitamin B6: 0.13mg (6.55%), Manganese: 0.12mg (5.75%), Selenium: 3.9µg (5.57%), Phosphorus: 48.53mg (4.85%), Vitamin B1: 0.07mg (4.57%), Iron: 0.82mg (4.54%), Folate: 16.49µg (4.12%), Vitamin B2: 0.06mg (3.44%), Fiber: 0.83g (3.33%), Potassium: 114.04mg (3.26%), Vitamin E: 0.42mg (2.8%), Vitamin K: 2.84µg (2.7%), Zinc: 0.34mg (2.29%), Magnesium: 8.75mg (2.19%), Copper: 0.04mg (2.16%), Vitamin B5: 0.2mg (2.02%), Vitamin C: 1.17mg (1.42%), Vitamin B12: 0.07µg (1.11%), Calcium: 10.54mg (1.05%)