



Picadillo Sloppy Joes

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce canned tomatoes unsalted crushed undrained canned
- ☐ 1 tablespoon capers rinsed drained
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 3 tablespoons currants dried
- ☐ 2 teaspoons garlic minced
- ☐ 2.3 ounces olives green pitted chopped (12)
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 teaspoons ground cumin

- ☐ 1 pound ground sirloin 90% lean
- ☐ 9 ounce hamburger buns with sesame seeds
- ☐ 1 tablespoon pickled jalapeño pepper minced
- ☐ 6 small lettuce leaves green
- ☐ 1 teaspoon olive oil
- ☐ 0.8 cup onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 1 medium onion red cut into 6 (1/2-inch-thick) slices
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 cup water

Equipment

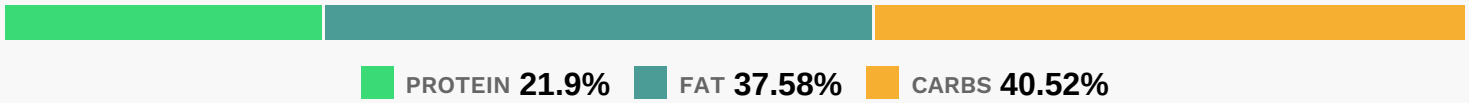
- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat a large saucepan over medium heat.
- ☐ Add oil; swirl to coat.
- ☐ Add chopped onion and garlic; saut 4 minutes.
- ☐ Add beef to pan; cook 5 minutes or until browned, stirring to crumble. Stir in oregano, cumin, and cinnamon; cook 1 minute.
- ☐ Add 1/2 cup water and the next 4 ingredients (through tomatoes). Cover, reduce heat to low, and simmer 20 minutes, stirring occasionally. Stir in cilantro, vinegar, and jalapeo.
- ☐ Heat a grill pan over medium-high heat. Coat with cooking spray.
- ☐ Add onion slices to pan; grill 4 minutes on each side.
- ☐ Remove onion from pan.
- ☐ Place buns, cut sides down, on grill pan; grill 1 minute or until toasted.

Place 1 lettuce leaf on bottom half of each bun; top each with 1/2 cup beef mixture. Divide onion slices evenly among servings; top with top halves of buns.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:16.49, Inflammation Score:-9, Nutrition Score:20.708695556806%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.92mg, Isorhamnetin: 1.92mg, Isorhamnetin: 1.92mg, Isorhamnetin: 1.92mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg

Nutrients (% of daily need)

Calories: 373.29kcal (18.66%), Fat: 15.78g (24.28%), Saturated Fat: 5.18g (32.39%), Carbohydrates: 38.3g (12.77%), Net Carbohydrates: 33.96g (12.35%), Sugar: 12.86g (14.29%), Cholesterol: 51.41mg (17.14%), Sodium: 568.68mg (24.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.7g (41.39%), Selenium: 24.62µg (35.17%), Vitamin K: 35.23µg (33.55%), Vitamin B3: 6.53mg (32.66%), Manganese: 0.64mg (31.76%), Vitamin B12: 1.73µg (28.76%), Iron: 5.17mg (28.72%), Vitamin A: 1414.19IU (28.28%), Zinc: 4.1mg (27.32%), Vitamin B6: 0.51mg (25.74%), Vitamin B1: 0.37mg (24.49%), Phosphorus: 225.95mg (22.6%), Potassium: 670.8mg (19.17%), Vitamin B2: 0.32mg (19.07%), Vitamin C: 15.4mg (18.66%), Folate: 71.09µg (17.77%), Fiber: 4.33g (17.34%), Copper: 0.31mg (15.39%), Calcium: 147.46mg (14.75%), Vitamin E: 2.12mg (14.11%), Magnesium: 53.4mg (13.35%), Vitamin B5: 0.71mg (7.14%)