



## Sloppy Cola Joe Dogs

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 servings coleslaw store-bought
- 1 garlic clove minced
- 8 servings ground pepper red
- 1.5 pounds ground round
- 2 tablespoons olive oil
- 0.5 cup pepperoncini salad peppers jarred sliced
- 1 medium size onion red thinly sliced
- 1 cup spicy fruity soft (such as Dr Pepper)

- 8 hoagie rolls
- 6 oz tomato paste canned
- 1 tablespoon worcestershire sauce

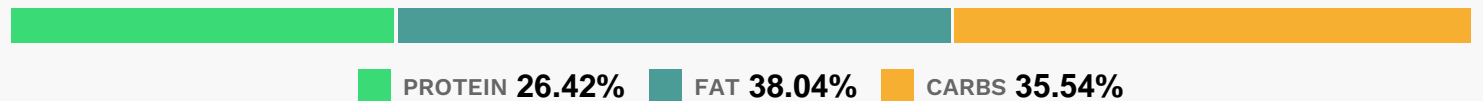
## Equipment

- frying pan

## Directions

- Saut onion in hot oil in a large skillet over medium-high heat 4 to 5 minutes or until onions are caramel colored.
- Add ground beef to skillet, and cook over medium-high heat, stirring often, 5 to 6 minutes or until meat crumbles and is no longer pink; drain.
- Return beef mixture to skillet. Stir in tomato paste and next 2 ingredients, and cook, stirring occasionally, 3 to 4 minutes or until mixture thickens and color darkens. Stir in cola and 1/2 cup water, and cook, stirring constantly, 6 to 8 minutes or until bubbly.
- Remove from heat, and stir in pepperoncini peppers; add salt and red pepper to taste.
- Serve beef mixture immediately on buns with coleslaw.

## Nutrition Facts



## Properties

Glycemic Index:29.13, Glycemic Load:13.68, Inflammation Score:-7, Nutrition Score:16.576521782771%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

## Nutrients (% of daily need)

Calories: 335.38kcal (16.77%), Fat: 14.12g (21.73%), Saturated Fat: 4.38g (27.35%), Carbohydrates: 29.69g (9.9%), Net Carbohydrates: 27.45g (9.98%), Sugar: 8.54g (9.49%), Cholesterol: 55.28mg (18.43%), Sodium: 329.55mg

(14.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.07g (44.13%), Selenium: 26.14µg (37.34%), Vitamin B3: 6.66mg (33.28%), Vitamin B12: 1.96µg (32.74%), Zinc: 4.54mg (30.29%), Vitamin B6: 0.47mg (23.58%), Iron: 4mg (22.24%), Phosphorus: 220.65mg (22.07%), Vitamin B1: 0.3mg (20.3%), Vitamin A: 907.66IU (18.15%), Manganese: 0.36mg (17.79%), Vitamin B2: 0.3mg (17.64%), Vitamin C: 12.22mg (14.82%), Potassium: 487.59mg (13.93%), Folate: 55.41µg (13.85%), Vitamin E: 1.81mg (12.09%), Magnesium: 37.26mg (9.31%), Fiber: 2.24g (8.97%), Calcium: 89.23mg (8.92%), Vitamin K: 9.14µg (8.7%), Copper: 0.17mg (8.61%), Vitamin B5: 0.61mg (6.07%)