



Sloppy Jerky Turkey Joes

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



768 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon allspice
- 1 bell pepper sweet seeded chopped
- 2 anaheim chili seeded finely chopped
- 2 tablespoons apple cider vinegar
- 1 handful ground coriander finely chopped
- 4 servings cilantro leaves chopped for garnish
- 2 tablespoons t brown sugar dark
- 1 inch ginger fresh minced grated

- 2 tablespoons thyme sprigs fresh chopped
- 3 cloves garlic chopped
- 0.5 teaspoon ground cinnamon
- 1 juice of lime juiced
- 4 servings pepper black freshly ground
- 4 servings nutmeg freshly grated
- 1 onion chopped
- 4 servings toppings: such as pickles chopped for garnish
- 4 servings spring onion chopped for garnish
- 8 portugese rolls split soft
- 1 tablespoon paprika smoked sweet
- 1 cup tomato sauce
- 2 pounds pd of ground turkey lean
- 2 tablespoons vegetable oil
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- frying pan

Directions

- Heat the oil in a large skillet over medium-high heat. When the oil ripples and is hot, add the meat and brown.
- Add the onions, chile, bell pepper, garlic and salt and pepper, to taste. Stir in the paprika, ginger, allspice, cinnamon, nutmeg, thyme and cilantro. Stir occasionally for 8 to 10 minutes.
- In a small bowl combine the vinegar, sugar, Worcestershire sauce, lime juice, and tomato sauce. Stir the sauce into the turkey mixture. Simmer for a few minutes, then serve on rolls with a garnish of scallions, chopped pickles, and chopped cilantro.

Nutrition Facts



■ PROTEIN **34.43%** ■ FAT **20.11%** ■ CARBS **45.46%**

Properties

Glycemic Index:127, Glycemic Load:48.95, Inflammation Score:-10, Nutrition Score:38.692173957825%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg

Nutrients (% of daily need)

Calories: 767.52kcal (38.38%), Fat: 17.35g (26.69%), Saturated Fat: 2.85g (17.78%), Carbohydrates: 88.26g (29.42%), Net Carbohydrates: 80.39g (29.23%), Sugar: 22.37g (24.86%), Cholesterol: 124.74mg (41.58%), Sodium: 1673.17mg (72.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.86g (133.72%), Iron: 25.55mg (141.93%), Vitamin B3: 23.42mg (117.08%), Vitamin B6: 2.24mg (111.99%), Selenium: 51.37µg (73.38%), Vitamin C: 59.81mg (72.5%), Phosphorus: 583.59mg (58.36%), Vitamin A: 2481.02IU (49.62%), Vitamin K: 41.21µg (39.25%), Potassium: 1195.29mg (34.15%), Fiber: 7.87g (31.49%), Zinc: 4.6mg (30.66%), Magnesium: 104.63mg (26.16%), Vitamin B5: 2.45mg (24.45%), Manganese: 0.48mg (23.79%), Vitamin B2: 0.4mg (23.7%), Vitamin B12: 1.16µg (19.28%), Vitamin E: 2.73mg (18.19%), Copper: 0.32mg (16.22%), Vitamin B1: 0.24mg (16.22%), Folate: 57.24µg (14.31%), Calcium: 121.4mg (12.14%), Vitamin D: 0.91µg (6.05%)