



Sloppy Joe Sliders

 Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



898 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 servings bibb lettuce leaves
- ☐ 8 servings pepper black freshly ground
- ☐ 2 cups canola oil
- ☐ 3 tablespoons sambal chili paste
- ☐ 1 tablespoon dijon mustard
- ☐ 1 cup flour
- ☐ 2 tablespoons honey
- ☐ 0.5 cup pepper jelly

- ☐ 1 juice of lemon
- ☐ 1 cup catsup
- ☐ 2 cups mayonnaise
- ☐ 2 cups goat meat cooked chopped
- ☐ 1 teaspoon olive oil
- ☐ 0.5 onion diced
- ☐ 3 piquillo peppers
- ☐ 2 onions red sliced into thin rings
- ☐ 0.3 cup rice wine vinegar
- ☐ 8 servings salt
- ☐ 16 slider buns toasted
- ☐ 2 tomatoes sliced
- ☐ 1 tablespoon worcestershire sauce

Equipment

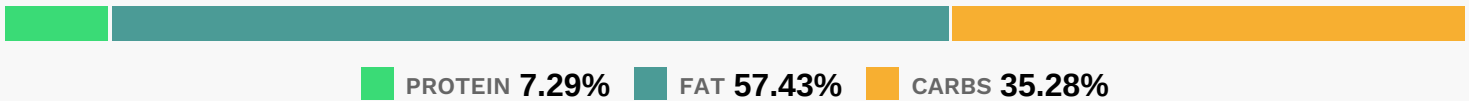
- ☐ food processor
- ☐ paper towels
- ☐ sauce pan
- ☐ blender
- ☐ slotted spoon
- ☐ candy thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ For the sauce, heat the olive oil in a saucepan over high heat.
- ☐ Add the onions and cook until browned. Stirring constantly, add the pepper jelly, vinegar, honey, mustard, Worcestershire, ketchup, salt and pepper and cook until warmed through. Either use immediately, or store in the refrigerator for a few days. Warm the sauce in a medium saucepan and add the meat. Stirring well, cook covered on low for about 15 minutes, until the sauce and meat are heated through.

- ☐ For the fried onion rings, heat the canola oil in a large saucepan to 350 degrees F on a candy thermometer. Toss the onions with salt. Dredge the onion rings in the flour and drop them into the oil. Cook only a few at a time, until the rings are golden.
- ☐ Remove with a slotted spoon and drain on paper towels. Season with a touch of salt.
- ☐ For the sambal mayonnaise, combine all ingredients in a food processor or blender and mix well until incorporated. Season with salt and pepper.
- ☐ For the sliders, toast the buns.
- ☐ Add a dollop of the sambal mayonnaise on each bun. Spoon the saucy meat onto the buns, and top with onion rings, lettuce, and tomato slices.

Nutrition Facts



Properties

Glycemic Index:54.78, Glycemic Load:20.01, Inflammation Score:-7, Nutrition Score:17.200434664021%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg

Nutrients (% of daily need)

Calories: 897.95kcal (44.9%), Fat: 57.47g (88.41%), Saturated Fat: 7.72g (48.26%), Carbohydrates: 79.46g (26.49%), Net Carbohydrates: 75.07g (27.3%), Sugar: 29.68g (32.97%), Cholesterol: 47.52mg (15.84%), Sodium: 945.58mg (41.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.4g (32.81%), Vitamin K: 104.46µg (99.49%), Vitamin E: 4.62mg (30.78%), Selenium: 20.2µg (28.86%), Vitamin B3: 5.63mg (28.14%), Vitamin C: 17.56mg (21.29%), Vitamin B6: 0.42mg (21.24%), Iron: 3.49mg (19.38%), Fiber: 4.39g (17.55%), Phosphorus: 144.31mg (14.43%), Manganese: 0.27mg (13.28%), Vitamin B1: 0.2mg (13.21%), Folate: 51.58µg (12.89%), Vitamin B2: 0.22mg (12.82%), Potassium: 442.91mg (12.65%), Vitamin A: 582.23IU (11.64%), Calcium: 84.02mg (8.4%), Vitamin B5: 0.8mg (8.04%), Copper: 0.14mg (6.98%), Magnesium: 27.93mg (6.98%), Zinc: 0.63mg (4.19%), Vitamin B12: 0.14µg (2.37%)