



Sloppy Joe with Ground Turkey

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons parsley fresh chopped
- 2 cloves garlic minced
- 0.8 bell pepper green chopped
- 6 servings salt and ground pepper black to taste
- 1.5 pounds pd of ground turkey
- 6 hamburger buns split toasted
- 1 juice of lemon juiced
- 1 teaspoon olive oil extra-virgin

- 1 small onion chopped
- 1 pinch pepper flakes red
- 1 tomatoes chopped
- 4 ounces tomato paste

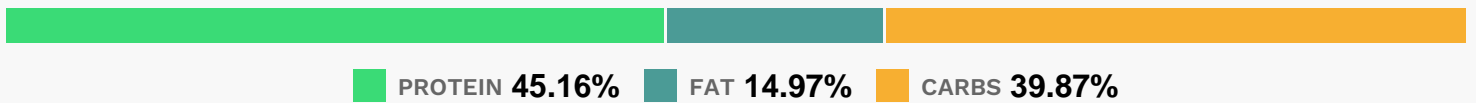
Equipment

- pot
- wooden spoon

Directions

- Heat olive oil in a pot over medium heat. Cook and stir garlic in hot oil until fragrant, about 2 minutes. Break ground turkey into the pot. Cover pot with lid and cook meat until browned on the outside, 2 to 3 minutes. With a slivered wooden spoon, break meat up into very small pieces; continue to cook and stir until nearly completely browned, 3 to 5 minutes.
- Stir tomato, onion, green bell pepper, parsley, and red pepper flakes into the turkey mixture; season with salt and black pepper; cook until the tomato softens, 3 to 4 minutes.
- Add tomato past and lemon juice; stir to coat vegetables with tomato paste. Cover pot with lid, reduce heat to low, and cook until the vegetables are tender, 7 to 10 minutes.
- Serve on toasted hamburger buns topped with cheese.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:14.75, Inflammation Score:-7, Nutrition Score:21.195651987325%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.86mg, Quercetin:

2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 283.07kcal (14.15%), Fat: 4.76g (7.32%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 28.53g (9.51%), Net Carbohydrates: 26.17g (9.52%), Sugar: 6.97g (7.75%), Cholesterol: 62.37mg (20.79%), Sodium: 422.77mg (18.38%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 32.32g (64.63%), Vitamin B3: 13.63mg (68.13%), Vitamin B6: 1.12mg (56%), Selenium: 37.97µg (54.25%), Phosphorus: 330.72mg (33.07%), Vitamin C: 24.35mg (29.51%), Vitamin K: 29.45µg (28.05%), Vitamin B1: 0.34mg (22.74%), Potassium: 688.48mg (19.67%), Manganese: 0.39mg (19.54%), Iron: 3.16mg (17.56%), Vitamin B2: 0.29mg (17.08%), Zinc: 2.53mg (16.89%), Folate: 61.62µg (15.4%), Magnesium: 57.03mg (14.26%), Vitamin A: 661.23IU (13.22%), Vitamin B12: 0.66µg (11.07%), Vitamin B5: 1.09mg (10.91%), Copper: 0.22mg (10.77%), Fiber: 2.36g (9.43%), Vitamin E: 1.3mg (8.65%), Calcium: 82.8mg (8.28%), Vitamin D: 0.45µg (3.02%)