



Sloppy Joes

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.5 oz beans red drained and rinsed canned
- ☐ 0.3 cup chili sauce
- ☐ 2 tablespoons apple cider vinegar
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 cloves garlic minced
- ☐ 8 ounces pd of ground turkey lean
- ☐ 8 hawaiian rolls whole-wheat
- ☐ 1 jalapeno seeded finely chopped

- ☐ 0.3 cup catsup
- ☐ 1 large onion finely chopped
- ☐ 3 plum tomatoes diced
- ☐ 1 cup refried beans fat-free
- ☐ 8 servings salt and pepper
- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon worcestershire sauce

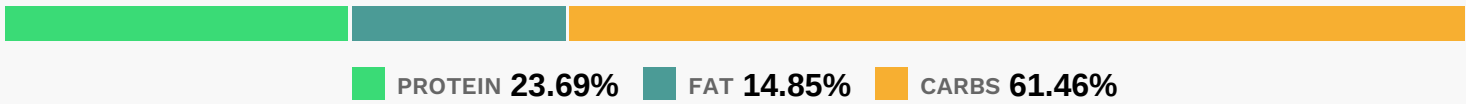
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a bowl, mix chili sauce, ketchup, vinegar, Worcestershire sauce and 1/4 cup water. In a nonstick skillet, warm oil over medium heat.
- ☐ Add turkey, onion and jalapeo; cook, stirring and breaking up meat, until no longer pink, about 5 minutes.
- ☐ Add garlic; saut for 1 minute.
- ☐ Sprinkle flour on top and cook, stirring, for 2 minutes.
- ☐ Add ketchup mixture and tomatoes, reduce heat to medium-low and cook for 5 minutes, stirring.
- ☐ Add red and refried beans; cook for 5 minutes, stirring often. Season with salt and pepper.
- ☐ Split and toast hamburger buns. Divide mixture among buns and serve immediately.

Nutrition Facts



Properties

Glycemic Index:49.38, Glycemic Load:17.3, Inflammation Score:-6, Nutrition Score:12.547826176104%

Flavonoids

Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 255.53kcal (12.78%), Fat: 4.2g (6.46%), Saturated Fat: 0.81g (5.07%), Carbohydrates: 39.07g (13.02%), Net Carbohydrates: 34.12g (12.41%), Sugar: 9.02g (10.03%), Cholesterol: 15.59mg (5.2%), Sodium: 900.77mg (39.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.06g (30.12%), Selenium: 19.43µg (27.75%), Vitamin B3: 5.29mg (26.46%), Manganese: 0.45mg (22.45%), Vitamin B1: 0.34mg (22.36%), Fiber: 4.95g (19.82%), Vitamin B6: 0.39mg (19.43%), Phosphorus: 170.4mg (17.04%), Folate: 64.96µg (16.24%), Iron: 2.86mg (15.88%), Vitamin B2: 0.22mg (13.22%), Vitamin C: 9.8mg (11.88%), Potassium: 398.59mg (11.39%), Calcium: 98.11mg (9.81%), Magnesium: 37.13mg (9.28%), Vitamin K: 9.67µg (9.21%), Copper: 0.17mg (8.4%), Zinc: 1.18mg (7.84%), Vitamin A: 343.6IU (6.87%), Vitamin E: 0.75mg (5.01%), Vitamin B12: 0.23µg (3.84%), Vitamin B5: 0.37mg (3.66%)