



Sloppy Joes Italian Style

 Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 lb ground beef 80% lean (at least)
- ☐ 0.5 cup onion chopped
- ☐ 4 cloves garlic finely chopped
- ☐ 1 tablespoon fennel seeds
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup red wine dry red
- ☐ 1 tablespoon brown sugar packed

- ☐ 28 oz canned tomatoes diced organic undrained canned
- ☐ 1 teaspoon oregano dried
- ☐ 10 sandwich rolls split

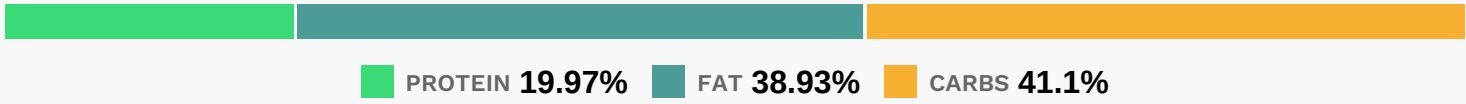
Equipment

- ☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, cook beef, onion and garlic over medium-high heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked and onion is tender; drain. Stir in fennel seed, salt and pepper.
- ☐ Stir in wine, brown sugar, tomatoes and oregano.
- ☐ Heat to boiling. Reduce heat; simmer uncovered about 15 minutes or until mixture is slightly thickened.
- ☐ Spoon mixture into buns.

Nutrition Facts



Properties

Glycemic Index:14.7, Glycemic Load:1.96, Inflammation Score:-6, Nutrition Score:16.837826290856%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 1.66mg, Malvidin: 1.66mg, Malvidin: 1.66mg, Malvidin: 1.66mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin:

1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 387.7kcal (19.39%), Fat: 16.39g (25.22%), Saturated Fat: 5.61g (35.06%), Carbohydrates: 38.94g (12.98%), Net Carbohydrates: 35.63g (12.96%), Sugar: 6.1g (6.78%), Cholesterol: 48.31mg (16.1%), Sodium: 694.92mg (30.21%), Alcohol: 1.27g (100%), Alcohol %: 0.71% (100%), Protein: 18.92g (37.84%), Selenium: 33.23µg (47.47%), Vitamin B3: 6.35mg (31.77%), Manganese: 0.52mg (25.87%), Iron: 4.51mg (25.08%), Vitamin B1: 0.37mg (24.72%), Zinc: 3.67mg (24.45%), Vitamin B12: 1.46µg (24.27%), Vitamin B2: 0.34mg (20.23%), Phosphorus: 200.16mg (20.02%), Vitamin B6: 0.4mg (19.78%), Folate: 71.4µg (17.85%), Potassium: 524.57mg (14.99%), Copper: 0.3mg (14.84%), Fiber: 3.32g (13.27%), Magnesium: 48.42mg (12.11%), Calcium: 110.09mg (11.01%), Vitamin E: 1.55mg (10.33%), Vitamin C: 8.4mg (10.18%), Vitamin B5: 0.82mg (8.21%), Vitamin K: 7.2µg (6.86%), Vitamin A: 175.66IU (3.51%)