



Sloppy Juan Sandwich

READY IN



120 min.

SERVINGS



4

CALORIES



1751 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon garlic basil spread [for recipe link](#) (see footnote)
- 0.3 cup brown sugar
- 1 head cabbage chopped
- 2 tablespoons chili powder
- 1.5 tablespoons chipotle chili powder
- 8 eggs
- 0.3 cup cilantro leaves fresh chopped
- 1 bell pepper diced green
- 0.3 cup green onions diced

- 1 pound ground beef
- 1 pound pork sausage
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 jalapeno minced seeded
- 1 juice of lime juiced
- 1 tablespoon juice of lime
- 1.5 cups mayonnaise
- 1 tablespoon olive oil
- 1 orange bell pepper diced
- 4 servings salt and pepper black freshly ground to taste
- 0.5 cup cup heavy whipping cream sour
- 4 hoagie buns split italian-style toasted
- 1 cup water or as needed
- 1 bell pepper diced yellow

Equipment

- bowl
- frying pan
- dutch oven

Directions

- Combine mayonnaise, sour cream, 1/4 cup cilantro, green onions, chipotle chili powder, 1 tablespoon lime juice, garlic basil spread, and cumin in a small bowl. Stir until combined; season with salt and black pepper. Cover and refrigerate for at least 1 hour.
- Heat 1 tablespoon olive oil in a large pot or Dutch oven over medium heat; cook and stir chorizo, ground beef, and coriander until meat is browned, about 15 minutes.
- Drain and discard fat. Season with salt and black pepper.
- Stir cabbage, green bell pepper, yellow bell pepper, orange bell pepper, jalapeno, and water into chorizo mixture; cook and stir until peppers soften, about 10 minutes.

- Add brown sugar and chili powder; cook and stir until water is evaporated and sauce is thick, about 10 minutes.
- Sprinkle 1/4 cup cilantro and juice of 1 lime over the chorizo mixture and remove from heat.
- Spread each hoagie bun with 1 tablespoon chipotle mayo. Evenly distribute the chorizo mixture among the 4 sandwiches.
- Heat 1 tablespoon olive oil in a nonstick skillet over medium heat; fry eggs, 2 to 4 at a time if necessary, until whites are set but yolks are still soft, about 2 minutes per side.
- Place two eggs atop each sandwich.

Nutrition Facts



■ **PROTEIN 13.38%**
■ **FAT 69.23%**
■ **CARBS 17.39%**

Properties

Glycemic Index:103, Glycemic Load:27.12, Inflammation Score:-10, Nutrition Score:48.644347854283%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 2.16mg, Luteolin: 2.16mg, Luteolin: 2.16mg, Luteolin: 2.16mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 1750.66kcal (87.53%), Fat: 135.18g (207.97%), Saturated Fat: 35.11g (219.44%), Carbohydrates: 76.44g (25.48%), Net Carbohydrates: 65.24g (23.72%), Sugar: 29.69g (32.98%), Cholesterol: 530.99mg (177%), Sodium: 2013.82mg (87.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.77g (117.54%), Vitamin K: 344.36µg (327.96%), Vitamin C: 209.18mg (253.56%), Iron: 18.64mg (103.56%), Vitamin A: 4921.82IU (98.44%), Selenium: 49.65µg (70.93%), Vitamin B6: 1.2mg (59.94%), Vitamin E: 8.58mg (57.19%), Vitamin B12: 3.37µg (56.18%), Phosphorus: 504.55mg (50.45%), Vitamin B2: 0.85mg (49.78%), Zinc: 7.08mg (47.17%), Folate: 186.42µg (46.61%), Fiber: 11.2g (44.81%), Potassium: 1261.36mg (36.04%), Vitamin B3: 7.09mg (35.44%), Manganese: 0.7mg (35.24%), Vitamin B5: 2.93mg (29.32%), Calcium: 263.98mg (26.4%), Magnesium: 90.07mg (22.52%), Vitamin B1: 0.31mg (20.56%), Copper: 0.36mg (18.19%), Vitamin D: 2.04µg (13.61%)