



Sloppy Toms

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup barbecue sauce
- 15 oz tomato sauce canned
- 1 tablespoon t brown sugar dark
- 1.3 pounds pd of ground turkey
- 4 hawaiian rolls
- 2 tablespoons olive oil
- 1 onion chopped
- 4 servings salt and pepper

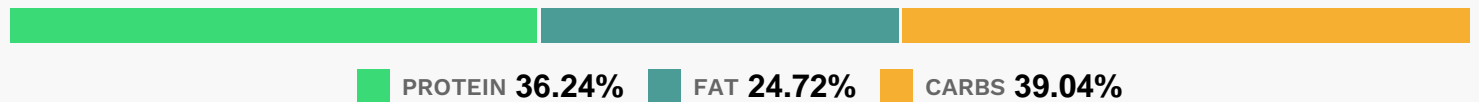
Equipment

- sauce pan

Directions

- In a medium saucepan, warm oil over medium-high heat.
- Add onion and cook, stirring often, until softened, 5 minutes.
- Add turkey and cook, breaking up large chunks and stirring often, about 5 minutes.
- Pour in tomato sauce, barbecue sauce, brown sugar and 1/2 cup water. (
- Add extra brown sugar to sweeten sauce, if desired.) Season with salt and pepper and cook until mixture is slightly thickened, about 20 minutes.
- Spoon mixture over 4 toasted or warmed hamburger buns and top with fixings.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:15.27, Inflammation Score:-7, Nutrition Score:23.8995653333905%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 429.52kcal (21.48%), Fat: 11.94g (18.37%), Saturated Fat: 2.08g (13.03%), Carbohydrates: 42.42g (14.14%), Net Carbohydrates: 39.37g (14.32%), Sugar: 18.9g (21%), Cholesterol: 77.96mg (25.99%), Sodium: 1229.98mg (53.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.39g (78.78%), Vitamin B3: 16.79mg (83.95%), Vitamin B6: 1.4mg (69.91%), Selenium: 44.14µg (63.06%), Phosphorus: 406.76mg (40.68%), Potassium: 885.9mg (25.31%), Vitamin B1: 0.37mg (24.33%), Vitamin B2: 0.37mg (21.55%), Iron: 3.86mg (21.44%), Manganese: 0.43mg (21.4%), Zinc: 3.13mg (20.87%), Vitamin E: 2.95mg (19.67%), Magnesium: 73.07mg (18.27%), Folate: 67.06µg (16.76%), Vitamin B5: 1.65mg (16.53%), Copper: 0.28mg (14.04%), Vitamin B12: 0.81µg (13.48%), Vitamin C: 10.18mg (12.34%), Fiber: 3.05g (12.2%), Vitamin A: 550.13IU (11%), Calcium: 97.93mg (9.79%), Vitamin K: 9.79µg (9.33%),

Vitamin D: 0.57µg (3.78%)