



Sophisto Joes

READY IN



35 min.

SERVINGS



4

CALORIES



737 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons brown sugar packed
- ☐ 14.5 ounce frangelico whole drained canned
- ☐ 1 medium carrots finely chopped
- ☐ 1 rib celery stalks finely chopped
- ☐ 1 tablespoon chili powder
- ☐ 0.5 cup wine dry red
- ☐ 4 garlic clove finely chopped
- ☐ 1.5 lb ground beef
- ☐ 1 teaspoon ground cumin

- ☐ 1 large onion chopped
- ☐ 4 portugese rolls split
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons worcestershire sauce

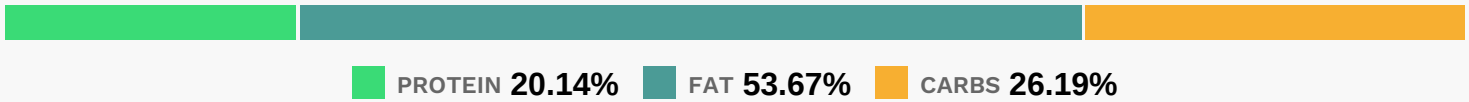
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Purée tomatoes in a blender.
- ☐ Cook onion and garlic in butter in a 12-inch heavy skillet over medium-high heat, stirring occasionally, until onion begins to brown, 4 to 5 minutes.
- ☐ Add carrot, celery, and 1/2 teaspoon salt and cook, stirring occasionally, until vegetables are softened, 4 to 5 minutes.
- ☐ Add beef and brown, stirring to break up lumps, 5 to 6 minutes.
- ☐ Add chili powder, cumin, 1/2 teaspoon salt, and 3/4 teaspoon pepper and cook, stirring, 2 minutes.
- ☐ Add puréed tomatoes, wine, Worcestershire sauce, and brown sugar and boil, stirring occasionally, until sauce has thickened, about 6 minutes. Season with salt and sandwich inside rolls.

Nutrition Facts



Properties

Glycemic Index:53.46, Glycemic Load:24.51, Inflammation Score:-10, Nutrition Score:23.611304433449%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin:

2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg
Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg,
Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg,
Isorhamnetin: 1.88mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg
Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.87mg, Quercetin: 7.87mg,
Quercetin: 7.87mg, Quercetin: 7.87mg

Nutrients (% of daily need)

Calories: 737.29kcal (36.86%), Fat: 42.38g (65.21%), Saturated Fat: 16.73g (104.55%), Carbohydrates: 46.53g
(15.51%), Net Carbohydrates: 43.58g (15.85%), Sugar: 12.05g (13.39%), Cholesterol: 135.82mg (45.27%), Sodium:
565.39mg (24.58%), Alcohol: 3.15g (100%), Alcohol %: 0.88% (100%), Protein: 35.79g (71.59%), Iron: 15.29mg
(84.93%), Vitamin A: 3330.8IU (66.62%), Vitamin B12: 3.65µg (60.87%), Zinc: 7.38mg (49.2%), Vitamin B3: 7.73mg
(38.64%), Selenium: 26.74µg (38.21%), Vitamin B6: 0.7mg (34.95%), Phosphorus: 305.07mg (30.51%), Potassium:
699.1mg (19.97%), Vitamin B2: 0.31mg (18.12%), Fiber: 2.94g (11.78%), Vitamin E: 1.76mg (11.72%), Magnesium:
41.73mg (10.43%), Vitamin B5: 0.99mg (9.92%), Manganese: 0.19mg (9.57%), Copper: 0.18mg (8.94%), Calcium:
81.96mg (8.2%), Vitamin B1: 0.12mg (8.06%), Vitamin K: 8.06µg (7.68%), Vitamin C: 5.78mg (7%), Folate: 23.65µg
(5.91%), Vitamin D: 0.28µg (1.83%)