



Spicy Vegan Sloppy Joes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



258 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 0.5 teaspoon chipotle chile powder
- ☐ 1 pound cremini mushrooms halved
- ☐ 1 small bell pepper diced green seeded
- ☐ 6 grain hamburger buns whole
- ☐ 0.3 cup catsup
- ☐ 6 servings kosher salt
- ☐ 6 servings lettuce shredded red for serving, optional

- ☐ 1.8 cups beer light drink what's left in the bottle
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 large onion diced sweet
- ☐ 3 tablespoons tomato paste
- ☐ 0.3 cup walnuts finely chopped

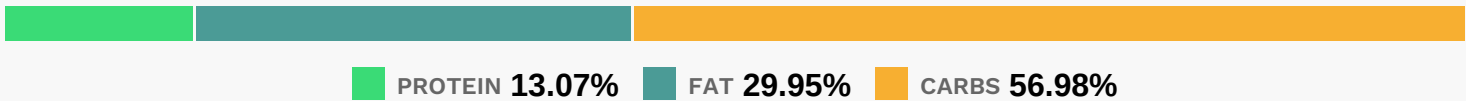
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Pulse the mushrooms in batches in a food processor until finely chopped. Set aside.
- ☐ Heat the oil in a large nonstick skillet over medium-high heat.
- ☐ Add the onions, 1 tablespoon beer and 1/4 teaspoon salt and cook, stirring frequently, until the onions are lightly browned, about 5 minutes.
- ☐ Add the walnuts and peppers and cook, stirring occasionally, until the peppers are crisp-tender, about 3 minutes.
- ☐ Add the mushrooms, 3/4 teaspoon black pepper and chipotle powder and cook, stirring frequently, until the mushrooms are just cooked through, about 5 minutes.
- ☐ Add the remaining beer, the ketchup, tomato paste and 1/8 teaspoon salt and cook while stirring until the sauce is the consistency that you like, about 2 minutes.
- ☐ Spoon the mixture onto each bun.
- ☐ Serve with toppings if desired.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:13.57, Inflammation Score:-7, Nutrition Score:16.513043631678%

Flavonoids

Cyanidin: 2.27mg, Cyanidin: 2.27mg, Cyanidin: 2.27mg, Cyanidin: 2.27mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg

Nutrients (% of daily need)

Calories: 258.39kcal (12.92%), Fat: 8.46g (13.02%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 36.23g (12.08%), Net Carbohydrates: 33.34g (12.12%), Sugar: 11.04g (12.27%), Cholesterol: 0mg (0%), Sodium: 573mg (24.91%), Alcohol: 2.13g (100%), Alcohol %: 0.95% (100%), Protein: 8.31g (16.61%), Selenium: 32.73µg (46.75%), Manganese: 0.68mg (33.89%), Vitamin B2: 0.56mg (33.08%), Copper: 0.61mg (30.54%), Vitamin B3: 5.54mg (27.7%), Vitamin B1: 0.37mg (24.48%), Folate: 85.8µg (21.45%), Vitamin C: 15.94mg (19.32%), Phosphorus: 191.96mg (19.2%), Potassium: 634.54mg (18.13%), Vitamin B6: 0.3mg (15.17%), Iron: 2.48mg (13.77%), Vitamin B5: 1.28mg (12.77%), Fiber: 2.89g (11.56%), Magnesium: 41.6mg (10.4%), Calcium: 102.33mg (10.23%), Zinc: 1.51mg (10.08%), Vitamin E: 1.05mg (7.03%), Vitamin K: 6.48µg (6.17%), Vitamin A: 232.92IU (4.66%), Vitamin B12: 0.18µg (2.92%)