



Summer Squash Sloppy Joes

READY IN



45 min.

SERVINGS



6

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 carrots chopped
- ☐ 3 ounces cheddar cheese thinly sliced
- ☐ 1 tablespoon chili powder
- ☐ 3 garlic clove minced
- ☐ 6 hawaiian rolls
- ☐ 6 servings pepper black freshly ground to taste
- ☐ 1 pound ground beef lean
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon paprika

- ☐ 1.5 cups summer squash diced
- ☐ 6 ounce canned tomatoes canned

Equipment

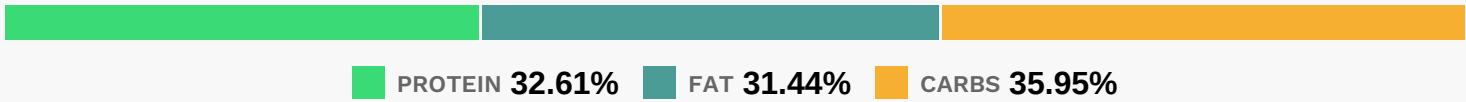
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ broiler
- ☐ box grater

Directions

- ☐ Preheat the broiler. In a large skillet over medium-high heat, sauté the ground beef or turkey until browned, about 7 minutes.
- ☐ Add the onion and sauté 2 minutes.
- ☐ Add the carrot and sauté 2 minutes.
- ☐ Add the squash and sauté 1 minute more.
- ☐ Stir in the tomato paste and 1 1/2 cups water, stirring until the paste has dissolved.
- ☐ Add the garlic, chili powder, paprika, and oregano, and season with the salt and pepper. Reduce heat to medium and continue to cook until the mixture has thickened, 8 to 10 minutes.
- ☐ Divide the cheese among the bottom halves of the hamburger buns.
- ☐ Transfer both halves of the buns to the broiler, open-faced, and toast until the cheese has melted and the top buns are toasted.
- ☐ Remove the buns from the oven and fill each sandwich with the squash-and-meat mixture.
- ☐ Serve immediately.
- ☐ The easiest way to shred zucchini is to run it through the shredding disc of your food processor. A box grater will also work, but be sure to use the largest holes.
- ☐ Per serving: 326 calories, 11g fat (5g saturated), 61mg cholesterol, 589mg sodium, 32g carbohydrates, 4g fiber, 26g protein
- ☐ Nutrition Data

See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:47.97, Glycemic Load:14.24, Inflammation Score:-9, Nutrition Score:19.998695617137%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 307.2kcal (15.36%), Fat: 10.69g (16.45%), Saturated Fat: 4.86g (30.37%), Carbohydrates: 27.51g (9.17%), Net Carbohydrates: 24.82g (9.03%), Sugar: 5.69g (6.32%), Cholesterol: 61.05mg (20.35%), Sodium: 422.47mg (18.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.95g (49.91%), Vitamin A: 2524.22IU (50.48%), Selenium: 29.62µg (42.32%), Vitamin B3: 6.76mg (33.79%), Zinc: 4.96mg (33.1%), Vitamin B12: 1.93µg (32.16%), Phosphorus: 289.39mg (28.94%), Vitamin B6: 0.51mg (25.44%), Iron: 4.25mg (23.63%), Vitamin B2: 0.39mg (23.11%), Manganese: 0.45mg (22.25%), Vitamin B1: 0.32mg (21.22%), Calcium: 199.82mg (19.98%), Potassium: 559.7mg (15.99%), Folate: 62.37µg (15.59%), Magnesium: 46.07mg (11.52%), Vitamin C: 9.06mg (10.98%), Fiber: 2.69g (10.75%), Vitamin E: 1.56mg (10.39%), Copper: 0.2mg (10.21%), Vitamin K: 10.26µg (9.77%), Vitamin B5: 0.73mg (7.28%), Vitamin D: 0.16µg (1.07%)