Tempeh Sloppy Joes with Coleslaw

Vegetarian Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	6	338 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 2 tablespoons balsamic vinegar
- [ ] 0.5 teaspoon pepper black divided freshly ground
- [ ] 2 teaspoons brown sugar
- [ ] 3 cups thinly cabbage shredded
- [ ] 0.5 cup carrots shredded (1 medium)
- [ ] 9 ounce hamburger buns
- [ ] 2 tablespoons mayonnaise light
- [ ] 1 tablespoon olive oil

- [ ] 1 cup onion chopped (1 medium)
- [ ] 1 teaspoon paprika smoked spanish
- [ ] 1 teaspoon salt divided
- [ ] 1 pound tempeh organic crumbled
- [ ] 3 tablespoons tomato paste
- [ ] 2 teaspoons water
- [ ] 3 cups water

Equipment

- [ ] bowl
- [ ] frying pan

Directions

- [ ] Heat oil in a large nonstick skillet over medium-high heat.
- [ ] Add onion; saut 2 minutes or until soft.
- [ ] Add tempeh; saut 6 minutes or until beginning to brown.
- [ ] Combine tomato paste, vinegar, brown sugar, paprika, 3/4 teaspoon salt, and 1/4 teaspoon pepper in a small bowl.
- [ ] Add tomato mixture to tempeh; stir to combine. Stir in 3 cups water. Simmer until mixture is thick and liquid is almost evaporated (about 20 minutes), stirring often.
- [ ] Remove from heat; keep warm.
- [ ] Combine mayonnaise, 2 teaspoons water, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper in a medium bowl.
- [ ] Add shredded cabbage and carrot, tossing well to combine.
- [ ] Top each of 6 bottom halves of hamburger buns with about 3/4 cup tempeh filling. Top each serving with about 1/3 cup cabbage mixture, and cover with top half of each bun.
- [ ] Serve sloppy joes immediately.

Nutrition Facts

Properties

Glycemic Index:56.14, Glycemic Load:16.21, Inflammation Score:-9, Nutrition Score:19.934347950894%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 337.75kcal (16.89%), Fat: 13.37g (20.57%), Saturated Fat: 2.56g (16.02%), Carbohydrates: 38.39g (12.8%), Net Carbohydrates: 35.51g (12.91%), Sugar: 9.12g (10.13%), Cholesterol: 0.75mg (0.25%), Sodium: 728.88mg (31.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.47g (38.93%), Manganese: 1.38mg (69.17%), Vitamin A: 2107.59IU (42.15%), Vitamin K: 35.52µg (33.83%), Phosphorus: 274.33mg (27.43%), Copper: 0.55mg (27.39%), Vitamin B2: 0.44mg (25.94%), Iron: 4.15mg (23.04%), Vitamin B1: 0.34mg (22.47%), Vitamin C: 17.72mg (21.48%), Vitamin B3: 4.27mg (21.37%), Magnesium: 85.46mg (21.37%), Folate: 81.61µg (20.4%), Calcium: 179.87mg (17.99%), Selenium: 12.41µg (17.72%), Potassium: 596.14mg (17.03%), Vitamin B6: 0.31mg (15.25%), Fiber: 2.88g (11.52%), Zinc: 1.39mg (9.29%), Vitamin E: 1.12mg (7.49%), Vitamin B5: 0.37mg (3.73%), Vitamin B12: 0.15µg (2.43%)