



Tex-Mex Chipotle Sloppy Joes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon bottled garlic minced
- 1 teaspoon chili powder
- 1 tablespoon cilantro leaves fresh chopped
- 0.3 teaspoon chipotle chili powder
- 0.5 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 pound pd of ground turkey
- 2 teaspoons jalapeno minced seeded

- 1 teaspoon olive oil
- 0.5 cup onion
- 1.5 cups salsa
- 10 ounce portugese rolls cut in half horizontally
- 1 teaspoon sugar

Equipment

- frying pan

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion, garlic, and jalapeo; saut 2 minutes or until soft.
- Add sugar and next 5 ingredients (through turkey); cook 5 minutes or until turkey is browned, stirring to crumble. Stir in salsa; cook 4 minutes or until slightly thick. Stir in cilantro.
- Spread about 3/4 cup turkey mixture on bottom half of each roll; cover with top half of each roll.

Nutrition Facts



PROTEIN 37.41% **FAT 14.5%** **CARBS 48.09%**

Properties

Glycemic Index:67.27, Glycemic Load:24.42, Inflammation Score:-6, Nutrition Score:19.137825924417%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 359.62kcal (17.98%), Fat: 5.89g (9.06%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 43.97g (14.66%), Net Carbohydrates: 40.29g (14.65%), Sugar: 10.08g (11.2%), Cholesterol: 62.37mg (20.79%), Sodium: 1002.2mg (43.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.21g (68.41%), Iron: 12.51mg (69.52%), Vitamin B6: 1.24mg (61.99%), Vitamin B3: 12.28mg (61.42%), Selenium: 26.81µg (38.3%), Phosphorus: 306.24mg (30.62%),

Potassium: 661.36mg (18.9%), Zinc: 2.34mg (15.57%), Fiber: 3.68g (14.74%), Vitamin A: 722.45IU (14.45%), Magnesium: 54.44mg (13.61%), Vitamin B5: 1.26mg (12.56%), Manganese: 0.24mg (12.02%), Vitamin E: 1.77mg (11.78%), Vitamin B2: 0.17mg (10.01%), Vitamin B12: 0.58µg (9.64%), Vitamin C: 7.59mg (9.2%), Vitamin B1: 0.13mg (8.5%), Copper: 0.16mg (8.13%), Vitamin K: 6.3µg (6%), Calcium: 57.35mg (5.73%), Folate: 17.85µg (4.46%), Vitamin D: 0.45µg (3.02%)