



Turkey-Black Bean Sloppy Joes

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 1 tablespoon chili powder
- ☐ 1 tablespoon cider vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 1 garlic clove minced
- ☐ 0.8 cup bell pepper green finely chopped (1 medium)
- ☐ 1 pinch ground pepper red
- ☐ 1.5 pounds ground round

- ☐ 2 teaspoons honey
- ☐ 2 teaspoons olive oil
- ☐ 1.5 cups onion finely chopped (1 medium)
- ☐ 16 ounce no-salt-added tomato sauce canned
- ☐ 8 hamburger buns whole wheat reduced-calorie
- ☐ 2 teaspoons worcestershire sauce

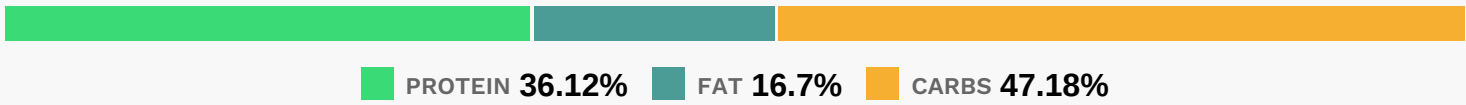
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add turkey and next 3 ingredients; cook 10 minutes or until turkey is done and vegetables are tender, stirring until turkey crumbles.
- ☐ Stir in tomato sauce and next 7 ingredients; simmer, uncovered, 10 minutes. Spoon turkey mixture evenly onto bottom halves of hamburger buns; top with remaining halves of buns.

Nutrition Facts



Properties

Glycemic Index:33.53, Glycemic Load:2.43, Inflammation Score:-8, Nutrition Score:22.175217441891%

Flavonoids

Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg

Nutrients (% of daily need)

Calories: 310.65kcal (15.53%), Fat: 5.95g (9.15%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 37.81g (12.6%), Net Carbohydrates: 30.39g (11.05%), Sugar: 8.14g (9.04%), Cholesterol: 46.78mg (15.59%), Sodium: 780.74mg (33.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.95g (57.89%), Vitamin B3: 11.4mg (57.02%), Selenium: 35.21µg (50.29%), Vitamin B6: 0.95mg (47.5%), Manganese: 0.74mg (36.98%), Phosphorus: 338.93mg

(33.89%), Fiber: 7.42g (29.68%), Folate: 101.97µg (25.49%), Vitamin B1: 0.38mg (25.25%), Iron: 4.4mg (24.46%), Vitamin C: 19.2mg (23.27%), Potassium: 761.61mg (21.76%), Vitamin B2: 0.36mg (20.9%), Magnesium: 78.8mg (19.7%), Copper: 0.35mg (17.55%), Zinc: 2.52mg (16.78%), Vitamin B5: 1.31mg (13.11%), Vitamin A: 625.43IU (12.51%), Vitamin E: 1.5mg (10.02%), Calcium: 87.17mg (8.72%), Vitamin B12: 0.44µg (7.3%), Vitamin K: 5.85µg (5.58%), Vitamin D: 0.34µg (2.27%)