



Turkey Sloppy Joes

READY IN



30 min.

SERVINGS



4

CALORIES



752 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 fillet anchovy
- 1 tablespoon brown sugar
- 4 hawaiian rolls
- 4 cloves garlic
- 3 pounds pd of ground turkey
- 1 teaspoon hot sauce
- 0.3 cup catsup
- 4 servings pepper black
- 1 teaspoon ground mustard

- 1 tablespoon olive oil
- 12 ounce roasted peppers red drained
- 4 servings cheddar cheese shredded
- 1 cup tomato sauce
- 8 ounces mushrooms white
- 2 tablespoons worcestershire sauce
- 1 small onion yellow

Equipment

- frying pan
- blender

Directions

- In a blender, combine the red peppers, tomato sauce, mushrooms, onion, ketchup, Worcestershire sauce, brown sugar, anchovies, garlic, mustard powder, and hot sauce. Puree until smooth, then set aside.
- In a large sauté pan over medium-high, heat the oil.
- Add the ground turkey and brown, breaking up any chunks, for 10 minutes.
- Add the tomato-red pepper mixture, stir well, then bring to a simmer. Cook for 5 minutes, then season with salt and pepper. Spoon the sloppy Joes onto the buns and top with cheese.
- One Dinner, Two Lunches
- NEXT-DAY SLOPPY JOES Sloppy Joes are like stew—they taste even better the next day. And just add beef or chicken broth to turn them into a substantial stew. Wimpy salads need not apply for this lunch. Sliced tomato and fresh mozzarella are the way to go. SLOPPY JOES CHILI Just add canned beans and sloppy Joes become chili. A robust take on simple green salad: chopped fennel and avocado, tossed with vinaigrette and black pepper.
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Nutrition Facts



■ PROTEIN 50.55% ■ FAT 27.32% ■ CARBS 22.13%

Properties

Glycemic Index:63.75, Glycemic Load:15.19, Inflammation Score:-9, Nutrition Score:44.106522021086%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 752.14kcal (37.61%), Fat: 23.17g (35.65%), Saturated Fat: 8.45g (52.84%), Carbohydrates: 42.23g (14.08%), Net Carbohydrates: 38.45g (13.98%), Sugar: 14.31g (15.9%), Cholesterol: 220.71mg (73.57%), Sodium: 2321.02mg (100.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 96.45g (192.9%), Vitamin B3: 39.15mg (195.74%), Vitamin B6: 3.33mg (166.46%), Selenium: 105.2µg (150.28%), Phosphorus: 1069.01mg (106.9%), Vitamin C: 50.32mg (60.99%), Vitamin B2: 0.97mg (57.18%), Zinc: 8.23mg (54.85%), Potassium: 1746.71mg (49.91%), Vitamin B5: 4.28mg (42.84%), Magnesium: 150.65mg (37.66%), Vitamin B1: 0.56mg (37.63%), Vitamin B12: 2.2µg (36.65%), Iron: 6.58mg (36.56%), Calcium: 363.37mg (36.34%), Copper: 0.68mg (33.99%), Manganese: 0.61mg (30.43%), Folate: 109.6µg (27.4%), Vitamin A: 1183.15IU (23.66%), Vitamin E: 2.26mg (15.1%), Fiber: 3.78g (15.1%), Vitamin D: 1.65µg (11.03%), Vitamin K: 7.48µg (7.13%)