



WHATSheATE



Turkey Sloppy Joes



Dairy Free

READY IN



252 min.

SERVINGS



6

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz tomato sauce canned
- ☐ 1 teaspoon chili powder
- ☐ 2 cloves garlic finely chopped
- ☐ 1.5 pounds pd of ground turkey
- ☐ 6 hawaiian rolls whole-wheat
- ☐ 0.5 cup catsup
- ☐ 2 teaspoons brown sugar light packed
- ☐ 1 large onion finely chopped

- ☐ 6 servings relish
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon all the tabasco sauce you handle
- ☐ 1 tablespoon vegetable oil

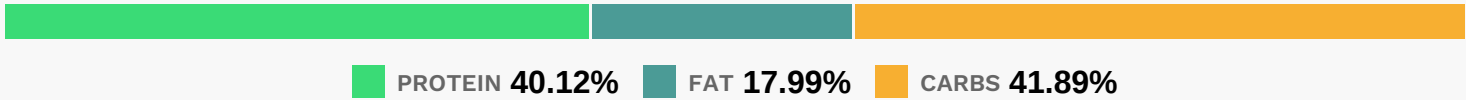
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Warm oil in a large skillet over medium heat.
- ☐ Add onion and garlic and saut until softened, about 3 minutes. Turn heat up to medium-high, stir in turkey, salt and chili powder and cook, stirring to break up meat, until turkey loses its pink color, about 5 minutes.
- ☐ Transfer mixture to slow cooker. Stir in brown sugar, tomato sauce, ketchup, 1/4 cup water and Tabasco. Cover and cook on low until bubbling and flavors have developed, 3 to 4 hours.
- ☐ Serve on buns with pickles or pickle relish, if desired.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:14.13, Inflammation Score:-6, Nutrition Score:18.767391204834%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 314.73kcal (15.74%), Fat: 6.38g (9.81%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 33.41g (11.14%), Net Carbohydrates: 31.43g (11.43%), Sugar: 11.13g (12.36%), Cholesterol: 62.37mg (20.79%), Sodium: 1045.13mg (45.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.99g (63.98%), Vitamin B3: 13.55mg (67.74%),

Vitamin B6: 1.12mg (55.91%), Selenium: 37.48µg (53.54%), Phosphorus: 326.52mg (32.65%), Vitamin B1: 0.33mg (21.99%), Vitamin B2: 0.32mg (18.6%), Manganese: 0.36mg (18.08%), Potassium: 605.57mg (17.3%), Zinc: 2.5mg (16.66%), Iron: 2.94mg (16.31%), Folate: 59.61µg (14.9%), Magnesium: 54.63mg (13.66%), Vitamin B5: 1.17mg (11.66%), Vitamin B12: 0.66µg (11.07%), Copper: 0.19mg (9.55%), Vitamin E: 1.35mg (9%), Calcium: 83.7mg (8.37%), Vitamin K: 8.37µg (7.97%), Vitamin A: 396.68IU (7.93%), Fiber: 1.98g (7.92%), Vitamin C: 6.45mg (7.82%), Vitamin D: 0.45µg (3.02%)