



## Turkey Sloppy Joes

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 7 tablespoons barbeque sauce
- 0.5 teaspoon celery seed
- 0.5 cup bell pepper green chopped
- 0.5 teaspoon ground pepper black
- 2.5 pounds pd of ground turkey
- 8 hawaiian rolls split toasted
- 1 cup no-salt-added ketchup
- 0.5 cup onion chopped

- 0.5 teaspoon pepper flakes red to taste
- 0.5 cup tomatoes chopped
- 1 tablespoon vinegar
- 2 tablespoons mustard yellow prepared

## Equipment

- frying pan

## Directions

- Heat a nonstick skillet over medium heat; cook and stir turkey, onion, bell pepper, and tomato until turkey is crumbly and no longer pink, about 5 minutes. Stir in ketchup, barbeque sauce, mustard, vinegar, celery seed, black pepper, and red pepper flakes. Reduce heat to low and simmer for 10 minutes, stirring occasionally.
- Serve turkey mixture on toasted hamburger buns.

## Nutrition Facts



## Properties

Glycemic Index:31.38, Glycemic Load:13.23, Inflammation Score:-5, Nutrition Score:20.060434766438%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

## Nutrients (% of daily need)

Calories: 335.16kcal (16.76%), Fat: 4.77g (7.33%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 31.79g (10.6%), Net Carbohydrates: 30.18g (10.98%), Sugar: 11.05g (12.27%), Cholesterol: 77.96mg (25.99%), Sodium: 487.44mg (21.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.22g (76.44%), Vitamin B3: 15.8mg (79.01%), Vitamin B6: 1.3mg (65.02%), Selenium: 44.6µg (63.72%), Phosphorus: 380.64mg (38.06%), Vitamin B1: 0.35mg (23.08%), Zinc: 2.92mg (19.46%), Vitamin B2: 0.3mg (17.44%), Manganese: 0.34mg (17.24%), Potassium: 570.62mg (16.3%), Iron: 2.89mg (16.07%), Magnesium: 58.71mg (14.68%), Folate: 56.63µg (14.16%), Vitamin B12: 0.81µg (13.48%),

Vitamin B5: 1.32mg (13.16%), Vitamin C: 10.19mg (12.35%), Copper: 0.16mg (8.16%), Calcium: 81.05mg (8.1%), Fiber: 1.6g (6.41%), Vitamin A: 222.87IU (4.46%), Vitamin K: 4.2µg (4%), Vitamin D: 0.57µg (3.78%), Vitamin E: 0.49mg (3.25%)