



Turkey Sloppy Joes on Cheddar Buttermilk Biscuits

 Dairy Free

READY IN



4500 min.

SERVINGS



8

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 8 servings cheddar buttermilk biscuits
- ☐ 28 oz canned tomatoes whole canned
- ☐ 2 rib celery chopped
- ☐ 2 tablespoons cider vinegar
- ☐ 4 garlic cloves finely chopped
- ☐ 2.5 lb pd of ground turkey (not labeled "all breast meat")

- ☐ 0.5 cup catsup
- ☐ 2 tablespoons blackstrap molasses (not blackstrap)
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 1 bell pepper red chopped
- ☐ 1 teaspoon salt
- ☐ 1.3 teaspoons tabasco to taste
- ☐ 1.5 tablespoons worcestershire sauce

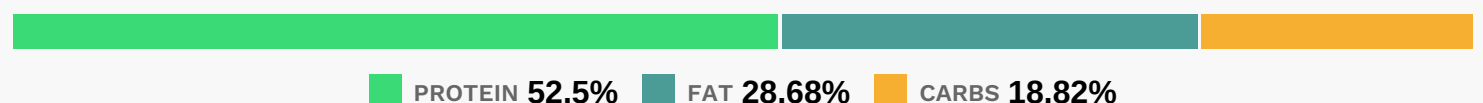
Equipment

- ☐ pot
- ☐ blender
- ☐ wooden spoon

Directions

- ☐ Heat oil in a wide 8-quart heavy pot over moderately high heat until hot but not smoking, then sauté onion, celery, bell pepper, and garlic, stirring occasionally, until golden, 10 to 12 minutes.
- ☐ Add turkey and sauté, stirring occasionally and breaking up large lumps with a wooden spoon, until meat is no longer pink, about 5 minutes. Stir in salt and pepper.
- ☐ Purée tomatoes with juice, ketchup, molasses, vinegar, Worcestershire sauce, and Tabasco in a blender until smooth.
- ☐ Add to turkey and simmer, uncovered, stirring occasionally, until sauce is thickened, 25 to 30 minutes.
- ☐ Serve turkey sloppy joes on split Cheddar buttermilk biscuits.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:2.69, Inflammation Score:-7, Nutrition Score:17.90999998217%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 255.73kcal (12.79%), Fat: 8.28g (12.73%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 11.46g (4.17%), Sugar: 8.75g (9.72%), Cholesterol: 77.97mg (25.99%), Sodium: 570.37mg (24.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.09g (68.19%), Vitamin B3: 14.26mg (71.3%), Vitamin B6: 1.36mg (67.92%), Selenium: 32.86µg (46.94%), Phosphorus: 345.66mg (34.57%), Vitamin C: 22.4mg (27.15%), Potassium: 631.88mg (18.05%), Zinc: 2.64mg (17.58%), Magnesium: 60.24mg (15.06%), Vitamin B5: 1.38mg (13.8%), Vitamin B12: 0.72µg (12.07%), Vitamin B2: 0.2mg (11.83%), Vitamin A: 583.99IU (11.68%), Manganese: 0.2mg (9.81%), Iron: 1.77mg (9.81%), Vitamin E: 1.33mg (8.88%), Vitamin B1: 0.12mg (7.88%), Copper: 0.14mg (7.16%), Folate: 24.24µg (6.06%), Vitamin K: 4.81µg (4.58%), Vitamin D: 0.57µg (3.78%), Fiber: 0.76g (3.03%), Calcium: 29.92mg (2.99%)