



Turkey-Vegetable Sloppy Joes

READY IN



45 min.

SERVINGS



8

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 teaspoon chili powder
- ☐ 1 garlic clove minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.8 teaspoon ground cumin
- ☐ 1 pound pd of ground turkey
- ☐ 8 ounce hamburger buns split
- ☐ 1 tablespoon mustard prepared

- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 0.3 cup tomato paste

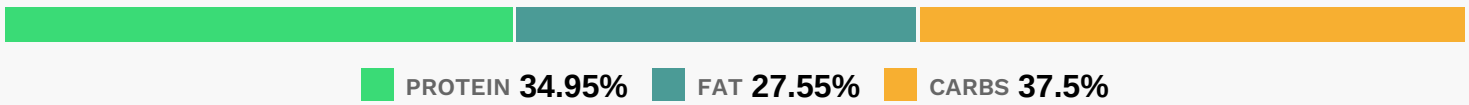
Equipment

- ☐ frying pan

Directions

- ☐ Cook turkey, onion, and garlic in a large nonstick skillet over high heat until browned, stirring to crumble. Stir in bell pepper and next 7 ingredients (bell pepper through black pepper). Bring to a boil; cover, reduce heat, and simmer 10 minutes.
- ☐ Spoon 1/2 cup turkey mixture onto each roll half; top each with 2 tablespoons cheese.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:10.68, Inflammation Score:-6, Nutrition Score:15.279999991956%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 236.87kcal (11.84%), Fat: 7.4g (11.38%), Saturated Fat: 3.29g (20.59%), Carbohydrates: 22.65g (7.55%), Net Carbohydrates: 20.11g (7.31%), Sugar: 6.49g (7.22%), Cholesterol: 45.36mg (15.12%), Sodium: 565.72mg (24.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.12g (42.23%), Vitamin B3: 7.7mg (38.48%), Selenium: 25.85µg (36.93%), Vitamin B6: 0.67mg (33.28%), Phosphorus: 257.64mg (25.76%), Vitamin C: 16mg (19.39%), Manganese: 0.36mg (17.92%), Calcium: 173.76mg (17.38%), Vitamin B1: 0.26mg (17.16%), Vitamin B2: 0.26mg (15.2%), Iron: 2.63mg (14.64%), Potassium: 506.07mg (14.46%), Zinc: 2mg (13.33%), Folate: 46.81µg (11.7%), Magnesium: 45.71mg (11.43%), Copper: 0.21mg (10.74%), Fiber: 2.55g (10.19%), Vitamin A: 505.23IU (10.1%), Vitamin E: 1.37mg (9.1%), Vitamin B12: 0.5µg (8.27%), Vitamin B5: 0.76mg (7.58%), Vitamin K: 6.64µg (6.32%), Vitamin D: 0.31µg (2.08%)