



Vegetarian Sloppy Joes

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.3 teaspoon celery seed
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup bell pepper green minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 pinch ground pepper black

- ☐ 6 servings hamburger buns
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon blackstrap molasses
- ☐ 0.5 cup onion minced
- ☐ 0.5 teaspoon oregano
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce tempeh
- ☐ 0.3 cup tomato sauce
- ☐ 0.3 cup vegetable oil
- ☐ 1 tablespoon worcestershire sauce

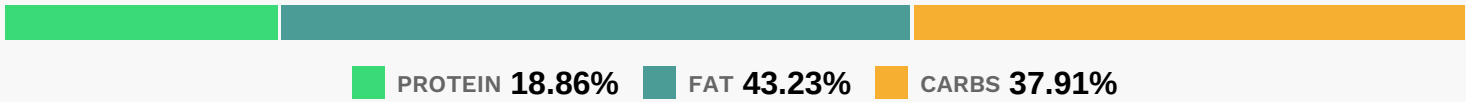
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a deep, 10-inch skillet over medium-low heat. Cook the onion in the oil until translucent. Crumble the tempeh into the skillet; cook and stir until golden brown.
- ☐ Add the green pepper and garlic; cook another 2 to 3 minutes. Stir in the tomato sauce, Worcestershire sauce, honey, molasses, cayenne pepper, celery seed, cumin, salt, coriander, thyme, oregano, paprika, and black pepper; stir. Simmer another 10 to 15 minutes. Spoon hot onto hamburger buns to serve.

Nutrition Facts



Properties

Glycemic Index:62.38, Glycemic Load:17.14, Inflammation Score:-7, Nutrition Score:16.719130609346%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 383kcal (19.15%), Fat: 19.12g (29.42%), Saturated Fat: 3.46g (21.63%), Carbohydrates: 37.73g (12.58%), Net Carbohydrates: 36.07g (13.11%), Sugar: 10.05g (11.17%), Cholesterol: 0mg (0%), Sodium: 404.35mg (17.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.78g (37.55%), Manganese: 1.37mg (68.41%), Copper: 0.53mg (26.43%), Phosphorus: 260.79mg (26.08%), Vitamin B2: 0.42mg (24.9%), Iron: 4.35mg (24.19%), Vitamin K: 22.77µg (21.68%), Magnesium: 86.3mg (21.57%), Vitamin B1: 0.32mg (21.08%), Vitamin B3: 4.08mg (20.39%), Selenium: 12.69µg (18.13%), Calcium: 171.76mg (17.18%), Folate: 64.4µg (16.1%), Vitamin C: 13.11mg (15.89%), Potassium: 525.87mg (15.02%), Vitamin B6: 0.29mg (14.4%), Zinc: 1.31mg (8.72%), Vitamin E: 1.17mg (7.81%), Fiber: 1.67g (6.67%), Vitamin A: 217.13IU (4.34%), Vitamin B5: 0.31mg (3.11%), Vitamin B12: 0.15µg (2.44%)