



Veggie Filled Sloppy Joes

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup barbecue sauce
- 1 lb sausage meat italian
- 4 hawaiian rolls split
- 0.5 cup carrots finely chopped
- 14.5 oz canned tomatoes diced red yellow fire roasted organic undrained canned
- 1 cup mushrooms fresh finely chopped
- 0.5 cup bell pepper green finely chopped
- 0.5 cup onion finely chopped

Equipment

frying pan

Directions

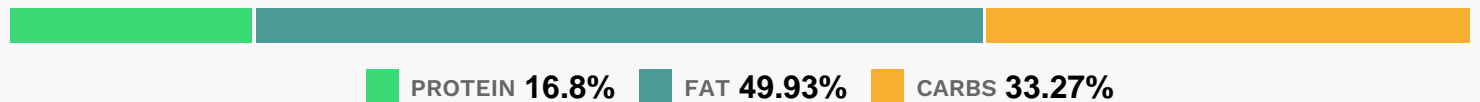
In 12-inch skillet, cook sausage, mushrooms, onion, bell pepper and carrots over medium heat 8 to 10 minutes, stirring frequently, until sausage is no longer pink and vegetables until tender. Cook about 5 minutes longer or until most of liquid is evaporated.

Stir in tomatoes and barbecue sauce.

Heat to boiling; reduce heat. Simmer uncovered 15 to 20 minutes until mixture is thickened.

To serve, spoon mixture into buns.

Nutrition Facts



Properties

Glycemic Index:60.96, Glycemic Load:16.13, Inflammation Score:-9, Nutrition Score:24.153913083284%

Flavonoids

Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 582.64kcal (29.13%), Fat: 32.45g (49.92%), Saturated Fat: 10.43g (65.19%), Carbohydrates: 48.67g (16.22%), Net Carbohydrates: 44.28g (16.1%), Sugar: 22.05g (24.5%), Cholesterol: 81.65mg (27.22%), Sodium: 1451.11mg (63.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.56g (49.12%), Vitamin A: 3128.78IU (62.58%), Vitamin B3: 9.74mg (48.68%), Vitamin B1: 0.68mg (45.36%), Vitamin C: 28.92mg (35.06%), Vitamin B6: 0.67mg (33.39%), Manganese: 0.56mg (27.96%), Phosphorus: 272.32mg (27.23%), Vitamin B2: 0.46mg (26.82%), Potassium: 907.05mg (25.92%), Iron: 4.57mg (25.4%), Zinc: 3.33mg (22.23%), Copper: 0.44mg (21.96%), Selenium: 15.13µg (21.61%), Vitamin B12: 1.06µg (17.66%), Fiber: 4.39g (17.57%), Folate: 68.41µg (17.1%), Vitamin B5: 1.55mg (15.51%), Magnesium: 58.91mg (14.73%), Vitamin E: 2.08mg (13.89%), Calcium: 131.33mg (13.13%), Vitamin K: 12.18µg (11.6%), Vitamin D: 1.52µg (10.15%)