



Brown Rice Bowl With Turkey



Gluten Free



Dairy Free



Very Healthy

READY IN



65 min.

SERVINGS



4

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baby spinach
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 3 cups chicken broth low-sodium divided
- ☐ 1 tablespoon soya sauce low-sodium divided
- ☐ 1 tablespoon olive oil
- ☐ 1 bunch scallions chopped
- ☐ 1 tablespoon sesame oil toasted

- ☐ 1 tablespoon sesame seed toasted
- ☐ 1.3 cups short-grain brown rice dry
- ☐ 2 pound turkey breast bone-in

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 42
- ☐ In a medium saucepan over medium heat, combine rice, 1/4 teaspoon salt, 2 cups broth, and 1 cup water; cover and bring to a boil. Reduce to a simmer and cook, covered, until rice is tender (about 45 minutes).
- ☐ Meanwhile, line a baking sheet with foil.
- ☐ Place turkey on sheet and coat with oil. Season with remaining 1/4 teaspoon salt and 1/2 teaspoon pepper and brush with 1 1/2 teaspoons soy sauce. Roast, turning halfway through, until turkey is cooked and a meat thermometer inserted in the center reads 165 (50–55 minutes).
- ☐ Remove from oven and transfer turkey to a cutting board. Tent with foil and let rest (about 5 minutes).
- ☐ Stir spinach, scallions, and remaining 1 1/2 teaspoons soy sauce into rice with remaining 1 cup warmed broth. Thinly slice turkey. Divide rice and sliced turkey among 4 bowls; drizzle each with sesame oil and sprinkle with sesame seeds, if desired.

Nutrition Facts



 **PROTEIN 40.05%**  **FAT 22.49%**  **CARBS 37.46%**

Properties

Glycemic Index:47.44, Glycemic Load:28.84, Inflammation Score:-10, Nutrition Score:41.479130154071%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 583.78kcal (29.19%), Fat: 14.76g (22.7%), Saturated Fat: 2.47g (15.47%), Carbohydrates: 55.29g (18.43%), Net Carbohydrates: 51.88g (18.86%), Sugar: 0.64g (0.71%), Cholesterol: 122.47mg (40.82%), Sodium: 982.65mg (42.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.1g (118.2%), Vitamin K: 160.31µg (152.68%), Manganese: 2.89mg (144.44%), Vitamin B3: 28.19mg (140.96%), Vitamin B6: 2.2mg (109.99%), Phosphorus: 800.87mg (80.09%), Selenium: 52.54µg (75.06%), Vitamin A: 2919.83IU (58.4%), Magnesium: 188.92mg (47.23%), Zinc: 4.84mg (32.3%), Potassium: 1090.55mg (31.16%), Vitamin B2: 0.49mg (28.65%), Vitamin B5: 2.79mg (27.94%), Vitamin B12: 1.61µg (26.76%), Vitamin B1: 0.39mg (26.3%), Copper: 0.52mg (26.2%), Folate: 94.99µg (23.75%), Iron: 4.09mg (22.72%), Fiber: 3.41g (13.64%), Calcium: 116.87mg (11.69%), Vitamin C: 9.56mg (11.59%), Vitamin E: 1.36mg (9.03%), Vitamin D: 0.23µg (1.51%)