



Cajun turkey steaks with pineapple salsa



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 onion red finely chopped
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 bell pepper diced red deseeded
- ☐ 200 g rice
- ☐ 450 ml chicken stock see
- ☐ 400 g kidney beans rinsed drained canned
- ☐ 4 turkey breast cutlets
- ☐ 2 tsp cajun spice

- ☐ 5 oz pineapple rings fresh drained canned (or 220g can pineapple rings,)
- ☐ 0.5 to 2 chilies slit green finely chopped
- ☐ 1 juice of lime

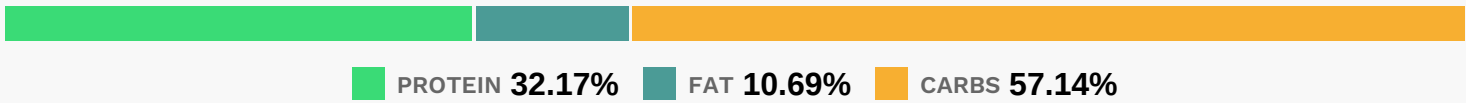
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Reserve 2 tbsp of the onion for the salsa.
- ☐ Heat the oil in a saucepan and cook the remaining onion and half the pepper for 4 mins or until softened and coloured. Stir in the rice, then pour in the stock.
- ☐ Add the kidney beans and a pinch of salt. Bring to the boil, stir once, cover the pan, then reduce the heat to a gentle simmer. Cook for 15 mins until the rice is tender and the liquid absorbed.
- ☐ Dust the turkey steaks with the Cajun spice and griddle or fry in a non-stick pan for about 4-6 mins on each side until cooked through.
- ☐ Cut the pineapple into small pieces and mix together with the reserved red onion, pepper, green chilli and lime juice. Spoon some salsa over each steak and serve with the rice.

Nutrition Facts



Properties

Glycemic Index:41.62, Glycemic Load:29.85, Inflammation Score:-9, Nutrition Score:21.147826215495%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 12.51mg, Quercetin: 12.51mg, Quercetin: 12.51mg, Quercetin: 12.51mg

Nutrients (% of daily need)

Calories: 548kcal (27.4%), Fat: 6.51g (10.02%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 78.31g (26.1%), Net Carbohydrates: 68.09g (24.76%), Sugar: 10.08g (11.21%), Cholesterol: 73.42mg (24.47%), Sodium: 241.52mg (10.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.08g (88.17%), Vitamin C: 47.81mg (57.95%), Manganese: 1.11mg (55.47%), Fiber: 10.22g (40.88%), Folate: 161.7µg (40.43%), Vitamin A: 1523.34IU (30.47%), Phosphorus: 253.16mg (25.32%), Copper: 0.48mg (23.88%), Iron: 4.29mg (23.85%), Vitamin B6: 0.45mg (22.26%), Potassium: 762.19mg (21.78%), Vitamin B1: 0.31mg (20.36%), Magnesium: 76.35mg (19.09%), Vitamin B3: 3.73mg (18.66%), Selenium: 11.65µg (16.64%), Vitamin E: 2.39mg (15.94%), Vitamin B2: 0.23mg (13.82%), Zinc: 1.99mg (13.25%), Vitamin K: 11.65µg (11.1%), Vitamin B5: 0.89mg (8.93%), Calcium: 63.18mg (6.32%)