



Curried Joes

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 oz baby spinach leaves rinsed
- ☐ 8 oz tomato sauce canned
- ☐ 1 teaspoon curry powder
- ☐ 0.5 teaspoon tarragon dried
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 pound ground beef lean
- ☐ 6 oz onion peeled chopped

- ☐ 2 tablespoons orange marmalade
- ☐ 3 pocket breads (7 in.)
- ☐ 6 oz bell pepper red stemmed seeded chopped
- ☐ 6 servings salt and pepper

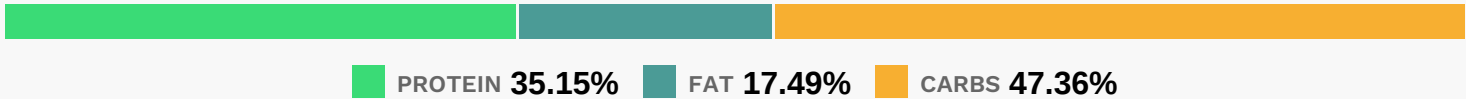
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ In an 11- to 12-inch nonstick frying pan over high heat, crumble turkey with a spoon and stir often until lightly browned, about 4 minutes. With a slotted spoon, transfer meat to a bowl. Discard fat in pan.
- ☐ Add onion and bell pepper to the pan. Stir over high heat until the onion begins to brown, about 4 minutes. Reduce heat to low.
- ☐ Add curry powder, coriander, ginger, and tarragon, stirring until the spices are fragrant, about 30 seconds. Stir in tomato sauce, apricot jam, and turkey with its juices. Stir often until hot, about 2 minutes.
- ☐ Add salt and pepper to taste. Spoon into a bowl.
- ☐ Cut pocket breads in half crosswise and fill each half equally with the turkey mixture and spinach.
- ☐ Add yogurt to taste.

Nutrition Facts



Properties

Glycemic Index:51.33, Glycemic Load:16.24, Inflammation Score:-9, Nutrition Score:20.923913043478%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg

Nutrients (% of daily need)

Calories: 230.64kcal (11.53%), Fat: 4.49g (6.91%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 27.38g (9.13%), Net Carbohydrates: 24.55g (8.93%), Sugar: 7.81g (8.68%), Cholesterol: 46.87mg (15.62%), Sodium: 590.51mg (25.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.32g (40.64%), Vitamin K: 71.59µg (68.18%), Vitamin C: 45.49mg (55.14%), Vitamin A: 2395.5IU (47.91%), Zinc: 4.4mg (29.32%), Vitamin B12: 1.69µg (28.22%), Vitamin B3: 5.59mg (27.95%), Vitamin B6: 0.5mg (24.86%), Manganese: 0.47mg (23.31%), Phosphorus: 212.5mg (21.25%), Selenium: 13.93µg (19.91%), Iron: 3.34mg (18.58%), Potassium: 604.73mg (17.28%), Folate: 61.42µg (15.35%), Vitamin B2: 0.24mg (13.98%), Magnesium: 49.49mg (12.37%), Fiber: 2.84g (11.34%), Vitamin E: 1.57mg (10.5%), Vitamin B1: 0.16mg (10.42%), Copper: 0.2mg (9.77%), Vitamin B5: 0.85mg (8.49%), Calcium: 66.23mg (6.62%)