



Garlic Turkey-Broccoli Stir-Fry



Gluten Free



Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups broccoli florets fresh
- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 1.5 tablespoons cornstarch
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 4 garlic cloves minced
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 bell pepper red cut into thin strips

- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons sesame oil divided
- ☐ 1 pound turkey breast tenderloins cut into thin strips

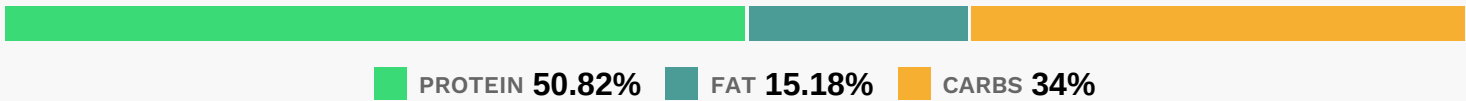
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place a large nonstick skillet over medium-high heat until hot.
- ☐ Add 1 teaspoon sesame oil to pan, and tilt to coat evenly.
- ☐ Add turkey, and stir-fry 5 minutes or until turkey is no longer pink in center.
- ☐ Remove turkey, and set aside.
- ☐ Combine broth and next 4 ingredients in a small bowl; stir until cornstarch dissolves. Set aside.
- ☐ Add remaining 1 teaspoon oil to pan; add pepper strips and broccoli; stir-fry 1 minute.
- ☐ Add water chestnuts, and stir-fry 30 seconds. Increase heat to high. Stir broth mixture, and add to pan with soy sauce, turkey, and any accumulated juices. Bring to a boil; cook 1 to 2 minutes or until slightly thickened.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.24, Inflammation Score:-8, Nutrition Score:14.05739127553%

Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 229.69kcal (11.48%), Fat: 3.97g (6.11%), Saturated Fat: 0.88g (5.47%), Carbohydrates: 20.02g (6.67%), Net Carbohydrates: 15.81g (5.75%), Sugar: 4.36g (4.85%), Cholesterol: 50.62mg (16.87%), Sodium: 767.22mg (33.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.93g (59.85%), Vitamin C: 80.74mg (97.86%), Vitamin K: 48.49µg (46.18%), Vitamin A: 1252.27IU (25.05%), Vitamin B6: 0.37mg (18.37%), Fiber: 4.21g (16.83%), Manganese: 0.31mg (15.73%), Folate: 51.67µg (12.92%), Potassium: 370.65mg (10.59%), Vitamin E: 1.38mg (9.19%), Iron: 1.51mg (8.37%), Vitamin B2: 0.14mg (7.98%), Phosphorus: 79.65mg (7.97%), Copper: 0.14mg (7.12%), Vitamin B3: 1.34mg (6.72%), Magnesium: 24.78mg (6.19%), Vitamin B5: 0.59mg (5.93%), Selenium: 3.62µg (5.16%), Vitamin B1: 0.07mg (4.77%), Zinc: 0.71mg (4.75%), Calcium: 37.53mg (3.75%), Vitamin B12: 0.11µg (1.89%)