



Green Papaya-Turkey Tumble



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



149 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 boston lettuce leaves rinsed (3 by 4 in.)
- ☐ 1 teaspoon cornstarch
- ☐ 1 tablespoon curry powder
- ☐ 0.8 cup fat-skimmed chicken broth
- ☐ 1.5 cups papaya diced green peeled seeded ()
- ☐ 1 pound ground pork lean
- ☐ 3 tablespoons chutney chopped
- ☐ 6 oz onion peeled chopped

- ☐ 1 tablespoon salad oil
- ☐ 6 servings salt

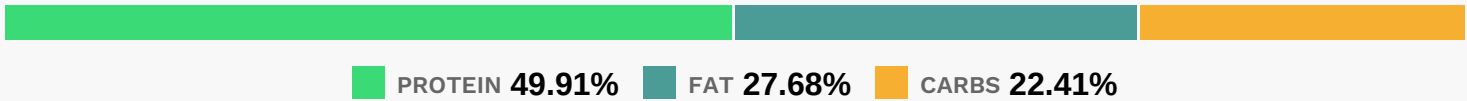
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 10- to 12-inch frying pan over high heat, stir oil, onion, and turkey until meat is browned and crumbly, about 7 minutes.
- ☐ Add curry powder; stir until fragrant, about 30 seconds.
- ☐ Add papaya, broth, and chutney. Cover and cook over medium heat, stirring occasionally, until papaya is tender when pierced, 5 to 7 minutes.
- ☐ Mix cornstarch and 2 tablespoons water; stir into pan. Keep stirring until sauce boils, about 1 minute.
- ☐ Add salt to taste.
- ☐ Scrape into a bowl.
- ☐ To eat, spoon turkey mixture into lettuce leaves and roll up.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:2.47, Inflammation Score:-8, Nutrition Score:14.253478361213%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg

Nutrients (% of daily need)

Calories: 148.74kcal (7.44%), Fat: 4.68g (7.2%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 8.52g (2.84%), Net Carbohydrates: 6.78g (2.47%), Sugar: 4.29g (4.77%), Cholesterol: 41.58mg (13.86%), Sodium: 484.38mg (21.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.98g (37.96%), Vitamin B3: 7.8mg (38.99%), Vitamin B6: 0.74mg (36.76%), Vitamin K: 34.38µg (32.74%), Vitamin C: 25.86mg (31.35%), Vitamin A: 1555.18IU (31.1%), Selenium: 18.04µg (25.78%), Phosphorus: 199.89mg (19.99%), Potassium: 423.5mg (12.1%), Folate: 48.11µg (12.03%), Zinc: 1.51mg (10.09%), Magnesium: 38.85mg (9.71%), Vitamin B5: 0.85mg (8.46%), Iron: 1.44mg (8%), Manganese: 0.16mg (7.77%), Vitamin B12: 0.44µg (7.37%), Vitamin B2: 0.12mg (7.29%), Fiber: 1.74g (6.97%), Vitamin B1: 0.09mg (5.97%), Vitamin E: 0.85mg (5.64%), Copper: 0.09mg (4.47%), Calcium: 32.33mg (3.23%), Vitamin D: 0.3µg (2.02%)