



Ground Turkey Laap



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon asian fish sauce
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 pound pd of ground turkey
- ☐ 2 large stalks lemongrass minced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 leaves belgian endive and lime wedges for serving
- ☐ 0.3 cup chicken stock see low-sodium

- ☐ 0.5 cup mint leaves chopped
- ☐ 35 servings salt and pepper black freshly ground
- ☐ 2 scallions thinly sliced
- ☐ 1 medium shallots separated thinly sliced
- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon rice long-grain white

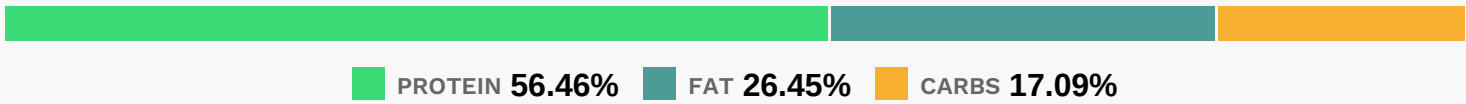
Equipment

- ☐ frying pan

Directions

- ☐ In a small skillet, toast the rice over high heat, shaking the skillet a few times, until the rice is golden brown, about 3 minutes.
- ☐ Transfer the rice to a spice grinder and let cool completely. Grind the rice to a powder.
- ☐ In a large skillet, heat the oil.
- ☐ Add the turkey and cook over moderately high heat, breaking up the meat evenly, until no pink remains, about 4 minutes.
- ☐ Add the stock and cook, stirring, until bubbling.
- ☐ Remove from the heat and stir in the fish sauce. Season with salt and black pepper and stir in the lime juice.
- ☐ Let stand for 5 minutes, then stir in the lemongrass, scallions, shallot rings, cilantro, mint, crushed red pepper and rice powder.
- ☐ Arrange the lettuce and lime wedges on a platter. Spoon the laap on top and serve.

Nutrition Facts



Properties

Glycemic Index:6.26, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:1.8708695445372%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 22.43kcal (1.12%), Fat: 0.67g (1.04%), Saturated Fat: 0.13g (0.82%), Carbohydrates: 0.98g (0.33%), Net Carbohydrates: 0.84g (0.31%), Sugar: 0.1g (0.12%), Cholesterol: 7.13mg (2.38%), Sodium: 48.32mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.47%), Vitamin B3: 1.33mg (6.66%), Vitamin B6: 0.12mg (5.97%), Selenium: 3µg (4.29%), Manganese: 0.08mg (3.81%), Phosphorus: 32.84mg (3.28%), Vitamin K: 3.03µg (2.89%), Zinc: 0.27mg (1.8%), Potassium: 59.11mg (1.69%), Magnesium: 6.38mg (1.6%), Iron: 0.25mg (1.38%), Vitamin B5: 0.13mg (1.28%), Vitamin B12: 0.07µg (1.17%), Vitamin A: 57.96IU (1.16%), Vitamin B2: 0.02mg (1.11%)