



Homemade Dog Food



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



10

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce broccoli frozen
- ☐ 2 cups brown rice
- ☐ 1 teaspoon rosemary dried
- ☐ 1 pound pd of ground turkey
- ☐ 6 cups water

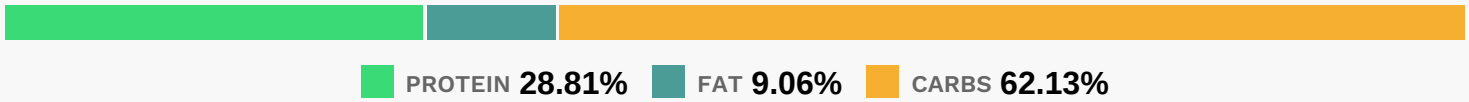
Equipment

- ☐ dutch oven

Directions

- ☐ Place the water, ground turkey, rice, and rosemary into a large Dutch oven. Stir until the ground turkey is broken up and evenly distributed throughout the mixture; bring to a boil over high heat, then reduce heat to low and simmer for 20 minutes.
- ☐ Add the frozen vegetables, and cook for an additional 5 minutes.
- ☐ Remove from heat and cool. Refrigerate until using.

Nutrition Facts



Properties

Glycemic Index:16.08, Glycemic Load:16.83, Inflammation Score:-6, Nutrition Score:17.512173839237%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 203.82kcal (10.19%), Fat: 2.07g (3.19%), Saturated Fat: 0.48g (2.98%), Carbohydrates: 31.96g (10.65%), Net Carbohydrates: 29.49g (10.72%), Sugar: 0.77g (0.86%), Cholesterol: 24.95mg (8.32%), Sodium: 46.72mg (2.03%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 14.82g (29.64%), Manganese: 1.52mg (76.03%), Vitamin C: 40.47mg (49.05%), Vitamin K: 46.27µg (44.06%), Vitamin B6: 0.66mg (33.09%), Vitamin B3: 6.33mg (31.65%), Phosphorus: 233.23mg (23.32%), Magnesium: 78.46mg (19.62%), Selenium: 11.16µg (15.94%), Vitamin B1: 0.22mg (14.49%), Vitamin B5: 1.23mg (12.26%), Zinc: 1.77mg (11.78%), Potassium: 379.08mg (10.83%), Folate: 39.84µg (9.96%), Fiber: 2.48g (9.9%), Copper: 0.18mg (8.83%), Iron: 1.37mg (7.6%), Vitamin B2: 0.12mg (6.89%), Vitamin A: 294.24IU (5.88%), Calcium: 39.61mg (3.96%), Vitamin B12: 0.23µg (3.86%), Vitamin E: 0.39mg (2.57%), Vitamin D: 0.18µg (1.21%)