



HEALTH SCORE

100%

Hot Turkey Curry Salad



Vegetarian



Gluten Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**409 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 qt baby spinach leaves rinsed
- ☐ 0.3 teaspoon cayenne
- ☐ 4 cups rice hot cooked
- ☐ 3 tablespoons cornstarch
- ☐ 2 tablespoons curry powder
- ☐ 3.3 cups fat-skimmed chicken broth
- ☐ 1 tablespoon ginger fresh minced
- ☐ 2 cloves garlic pressed peeled

- ☐ 0.5 teaspoon ground cumin
- ☐ 4 servings apricot-lemon chutney
- ☐ 1 cup onion chopped
- ☐ 4 servings nonfat yogurt plain
- ☐ 1 tablespoon salad oil
- ☐ 4 servings salt

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 12-inch frying pan or 5- to 6-quart pan over medium-high heat, stir oil, onion, ginger, and garlic until onion is limp, about 8 minutes.
- ☐ Add curry powder, cumin, and cayenne; stir until spices are fragrant, about 1 minute.
- ☐ Add 3 cups broth and bring to a boil over high heat.
- ☐ Shape turkey meatball mixture into 1-inch balls and drop, as formed, into boiling broth. Cover and simmer over low heat until meatballs are no longer pink in center (cut to test), 6 to 8 minutes.
- ☐ In a small bowl, mix cornstarch and 1/3 cup broth.
- ☐ Add to pan, stirring until sauce boils, about 2 minutes.
- ☐ Add salt to taste.
- ☐ Mound rice on dinner plates; surround with spinach, and spoon meatballs and sauce over rice and spinach.
- ☐ Add chutney and yogurt to taste.
- ☐ Turkey meatball mixture. In a bowl, mix 1 pound ground lean turkey, 1 large egg, 1/4 cup fine dried bread crumbs, 1 teaspoon ground coriander, 1/3 cup chopped onion, and 1 teaspoon salt until well blended.

Nutrition Facts



 **PROTEIN 18.21%**  **FAT 13.72%**  **CARBS 68.07%**

Properties

Glycemic Index:70.13, Glycemic Load:51.17, Inflammation Score:-10, Nutrition Score:55.077826292618%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 3.64mg, Luteolin: 3.64mg, Luteolin: 3.64mg, Luteolin: 3.64mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 30.45mg, Kaempferol: 30.45mg, Kaempferol: 30.45mg, Kaempferol: 30.45mg Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg Quercetin: 27.01mg, Quercetin: 27.01mg, Quercetin: 27.01mg, Quercetin: 27.01mg

Nutrients (% of daily need)

Calories: 408.91kcal (20.45%), Fat: 6.69g (10.29%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 74.62g (24.87%), Net Carbohydrates: 61.53g (22.37%), Sugar: 4.44g (4.94%), Cholesterol: 0.02mg (0.01%), Sodium: 1348.42mg (58.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.96g (39.92%), Vitamin K: 2291.23µg (2182.13%), Vitamin A: 44457.07IU (889.14%), Manganese: 5.24mg (261.85%), Folate: 938.1µg (234.52%), Vitamin C: 140.65mg (170.49%), Magnesium: 409.45mg (102.36%), Potassium: 2889.76mg (82.56%), Iron: 14.66mg (81.44%), Vitamin E: 11.01mg (73.4%), Vitamin B6: 1.21mg (60.51%), Vitamin B2: 0.98mg (57.75%), Calcium: 524.91mg (52.49%), Fiber: 13.09g (52.38%), Copper: 0.82mg (40.86%), Phosphorus: 350.65mg (35.06%), Selenium: 21.94µg (31.34%), Vitamin B1: 0.45mg (29.91%), Vitamin B3: 5.32mg (26.59%), Zinc: 3.57mg (23.77%), Vitamin B5: 1.23mg (12.32%), Vitamin B12: 0.38µg (6.41%)