



## Jerk-Seasoned Turkey with Black Beans and Yellow Rice

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup rice uncooked
- 2 cups black beans cooked
- 2 cups less-sodium chicken broth fat-free
- 3 tablespoons cilantro leaves fresh chopped
- 0.3 teaspoon ground turmeric
- 4 teaspoons jamaican jerk seasoning salt-free divided (such as Spice Hunter)
- 4 teaspoons olive oil divided

- 4 cups onion finely chopped
- 1 teaspoon salt divided
- 1.5 pound turkey tenderloins

## Equipment

- frying pan
- oven
- kitchen thermometer
- broiler pan

## Directions

- Preheat oven to 400
- Combine 1 tablespoon jerk seasoning and 1/2 teaspoon salt; sprinkle evenly over both sides of turkey.
- Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- Add turkey to pan; cook 4 minutes on each side or until browned.
- Place turkey on a broiler pan coated with cooking spray.
- Bake at 400 for 12 minutes or until a thermometer registers 160
- Remove turkey from oven; cover loosely, and let stand 5 minutes.
- Cut turkey across grain into thin slices.
- While turkey cooks, heat remaining 1 tablespoon oil in skillet over medium-high heat.
- Add onion to pan, and saut 8 minutes or until tender. Stir in rice, remaining 1 teaspoon jerk seasoning, and turmeric; saut 2 minutes.
- Add broth and remaining 1/4 teaspoon salt; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until rice is tender and liquid is absorbed. Stir in beans and cilantro.
- Serve rice mixture with turkey.

## Nutrition Facts



## Properties

Glycemic Index:25.86, Glycemic Load:19.62, Inflammation Score:-8, Nutrition Score:11.691739113435%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 21.76mg, Quercetin: 21.76mg, Quercetin: 21.76mg, Quercetin: 21.76mg

## Nutrients (% of daily need)

Calories: 383.08kcal (19.15%), Fat: 5.12g (7.88%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 49.04g (16.35%), Net Carbohydrates: 41.35g (15.04%), Sugar: 4.77g (5.3%), Cholesterol: 50.62mg (16.87%), Sodium: 801.41mg (34.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.37g (70.74%), Manganese: 0.77mg (38.35%), Fiber: 7.69g (30.76%), Folate: 109.45µg (27.36%), Phosphorus: 159.3mg (15.93%), Magnesium: 61.47mg (15.37%), Vitamin B1: 0.22mg (14.63%), Vitamin B6: 0.26mg (12.92%), Copper: 0.26mg (12.91%), Potassium: 446.68mg (12.76%), Iron: 2.07mg (11.49%), Selenium: 7.82µg (11.17%), Vitamin C: 7.98mg (9.67%), Vitamin A: 414.4IU (8.29%), Zinc: 1.24mg (8.25%), Vitamin B3: 1.49mg (7.45%), Vitamin B5: 0.69mg (6.86%), Vitamin E: 0.96mg (6.37%), Vitamin B2: 0.11mg (6.28%), Calcium: 56.63mg (5.66%), Vitamin K: 4.1µg (3.91%), Vitamin B12: 0.15µg (2.52%)