



Jerk-Seasoned Turkey with Black Beans and Yellow Rice

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup rice uncooked
- 15 ounce black beans rinsed drained canned
- 3 tablespoons cilantro leaves fresh chopped
- 0.3 teaspoon ground turmeric
- 4 teaspoons jamaican jerk seasoning salt-free divided for chicken and fish,
- 2 cups lower-sodium chicken broth fat-free
- 4 teaspoons olive oil divided

- 3 cups onion finely chopped ()
- 0.8 teaspoon salt divided
- 1.5 pound turkey tenderloins
- 0.5 cup water

Equipment

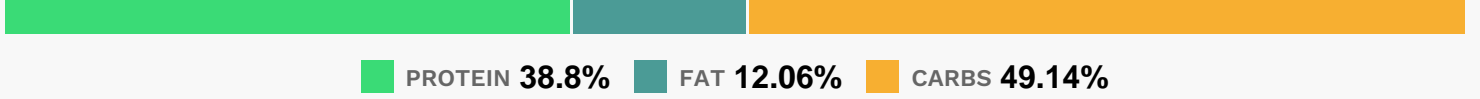
- frying pan
- oven
- sieve
- kitchen thermometer
- broiler pan

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 rack in a broiler pan coated with cooking spray.
- Bake at 400 for 30 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 pan 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, 1/2 cup water, 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.
- Drain and rinse beans in strainer

- Sprinkle seasoning mixture over turkey
- Measure uncooked rice
- Help stir beans and cilantro into rice

Nutrition Facts



Properties

Glycemic Index:20.86, Glycemic Load:16.49, Inflammation Score:-8, Nutrition Score:10.001739045848%

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: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.35mg, Quercetin: 16.35mg, Quercetin: 16.35mg, Quercetin: 16.35mg

Nutrients (% of daily need)

Calories: 363.21kcal (18.16%), Fat: 4.86g (7.48%), Saturated Fat: 1.04g (6.53%), Carbohydrates: 44.58g (14.86%), Net Carbohydrates: 37.45g (13.62%), Sugar: 3.53g (3.92%), Cholesterol: 50.62mg (16.87%), Sodium: 813.21mg (35.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.2g (70.4%), Manganese: 0.63mg (31.73%), Fiber: 7.14g (28.55%), Potassium: 559.78mg (15.99%), Folate: 61.43µg (15.36%), Phosphorus: 139.52mg (13.95%), Copper: 0.25mg (12.64%), Iron: 2.05mg (11.37%), Vitamin B6: 0.22mg (10.76%), Vitamin B1: 0.16mg (10.75%), Magnesium: 42.92mg (10.73%), Vitamin C: 7.92mg (9.6%), Selenium: 6.26µg (8.94%), Vitamin A: 413.26IU (8.27%), Vitamin B2: 0.13mg (7.93%), Vitamin E: 0.95mg (6.33%), Zinc: 0.92mg (6.13%), Vitamin B3: 1.19mg (5.93%), Calcium: 57.32mg (5.73%), Vitamin B5: 0.55mg (5.54%), Vitamin K: 4µg (3.81%)