



 **70%**
HEALTH SCORE

Kale-Turkey Rice Bowl

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



40 min.

SERVINGS



4

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound percent ground turkey lean
- 3 tablespoons almonds sliced
- 2.5 cups brown rice white cooked
- 1 bunch cilantro leaves
- 2 cloves garlic finely chopped
- 1 teaspoon ground cumin
- 1 jalapeno halved for less heat (remove seeds)
- 6 cups kale packed chopped

- 4 servings kosher salt
- 1 onion finely chopped
- 0.5 pound red-skinned potatoes cut into 1/2-inch pieces
- 1 tablespoon vegetable oil

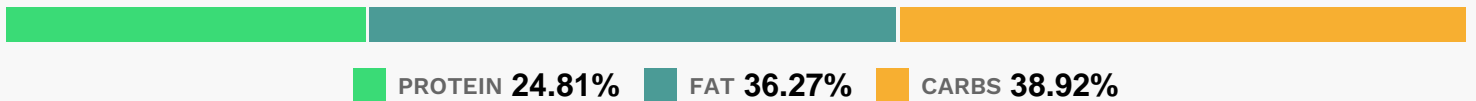
Equipment

- blender
- wooden spoon
- dutch oven

Directions

- Puree all but 3 tablespoons cilantro with 1/2 cup water, the jalapeno, almonds and 1/4 teaspoon salt in a blender until smooth.
- Heat the vegetable oil in a large pot or Dutch oven over medium-high heat.
- Add the turkey and 1/2 teaspoon salt; cook, stirring and breaking up the meat with a wooden spoon, until browned, about 4 minutes.
- Add the onion, garlic and cumin and cook, stirring occasionally, until softened, about 6 minutes. Stir in 1 1/2 cups water, the pureed cilantro mixture, the potatoes and kale. Cover and bring to a boil, then uncover and reduce the heat to medium. Simmer, stirring occasionally, until the potatoes are tender, about 15 minutes. Season with salt and serve over the rice. Top with the reserved cilantro.
- Photograph by Justin Walker

Nutrition Facts



Properties

Glycemic Index:55.05, Glycemic Load:14.67, Inflammation Score:-10, Nutrition Score:33.164347835209%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg,

Epigallocatechin: 0.19mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg
Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin:
0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin:
0.05mg Isorhamnetin: 9.01mg, Isorhamnetin: 9.01mg, Isorhamnetin: 9.01mg, Isorhamnetin: 9.01mg Kaempferol:
14.95mg, Kaempferol: 14.95mg, Kaempferol: 14.95mg, Kaempferol: 14.95mg Myricetin: 0.03mg, Myricetin: 0.03mg,
Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 14.35mg, Quercetin: 14.35mg, Quercetin: 14.35mg, Quercetin:
14.35mg

Nutrients (% of daily need)

Calories: 447.38kcal (22.37%), Fat: 18.33g (28.2%), Saturated Fat: 3.57g (22.28%), Carbohydrates: 44.27g (14.76%),
Net Carbohydrates: 38.18g (13.88%), Sugar: 2.66g (2.96%), Cholesterol: 83.91mg (27.97%), Sodium: 303.45mg
(13.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.21g (56.42%), Vitamin K: 137.76µg (131.2%),
Manganese: 1.89mg (94.73%), Vitamin A: 3413.4IU (68.27%), Vitamin C: 41.53mg (50.34%), Vitamin B3: 9.19mg
(45.95%), Phosphorus: 415.32mg (41.53%), Vitamin B6: 0.8mg (40.14%), Selenium: 22.83µg (32.61%), Magnesium:
126.56mg (31.64%), Zinc: 4.27mg (28.48%), Vitamin B2: 0.45mg (26.66%), Fiber: 6.09g (24.37%), Potassium:
834.64mg (23.85%), Vitamin B12: 1.36µg (22.68%), Vitamin B1: 0.32mg (21.25%), Copper: 0.42mg (20.79%), Iron:
3.63mg (20.17%), Vitamin B5: 1.9mg (18.99%), Vitamin E: 2.74mg (18.23%), Calcium: 157.43mg (15.74%), Folate:
53.35µg (13.34%), Vitamin D: 0.45µg (3.02%)