



Larb



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons brown sugar
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 tablespoon fish sauce
- ☐ 0.5 cup mint leaves fresh coarsely chopped
- ☐ 0.5 head cabbage green cored halved
- ☐ 12 ounces ground turkey breast
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated

- ☐ 0.3 cup juice of lime fresh
- ☐ 2 teaspoons lime rind grated
- ☐ 0.5 teaspoon serrano chile finely chopped
- ☐ 1 tablespoon shallots chopped
- ☐ 1 teaspoon vegetable oil

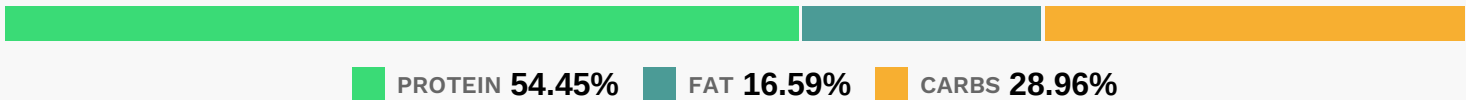
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 8 ingredients, stirring with a whisk until sugar dissolves.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add turkey and shallots; saut 5 minutes or until done, stirring to crumble.
- ☐ Drizzle with juice mixture, stirring to coat.
- ☐ Sprinkle with mint.
- ☐ Serve with cabbage.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:3.55, Inflammation Score:-8, Nutrition Score:34.54000023137%

Flavonoids

Eriodictyol: 4.51mg, Eriodictyol: 4.51mg, Eriodictyol: 4.51mg, Eriodictyol: 4.51mg Hesperetin: 5.8mg, Hesperetin: 5.8mg, Hesperetin: 5.8mg, Hesperetin: 5.8mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 308.12kcal (15.41%), Fat: 5.99g (9.21%), Saturated Fat: 1.29g (8.06%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 16.38g (5.96%), Sugar: 12.68g (14.09%), Cholesterol: 93.55mg (31.18%), Sodium: 844.25mg (36.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.23g (88.46%), Vitamin K: 177.21µg (168.78%), Vitamin C: 101.18mg (122.64%), Vitamin B6: 1.83mg (91.68%), Vitamin B3: 17.55mg (87.76%), Selenium: 39.31µg (56.15%), Phosphorus: 463.41mg (46.34%), Folate: 135.37µg (33.84%), Potassium: 1052.8mg (30.08%), Fiber: 7.15g (28.58%), Manganese: 0.56mg (27.78%), Magnesium: 106.35mg (26.59%), Zinc: 3.61mg (24.07%), Vitamin B5: 2.1mg (21.04%), Vitamin B2: 0.32mg (18.53%), Vitamin B1: 0.27mg (17.91%), Iron: 3.21mg (17.82%), Vitamin A: 840.05IU (16.8%), Vitamin B12: 0.91µg (15.18%), Calcium: 139.85mg (13.98%), Copper: 0.2mg (10.22%), Vitamin E: 0.83mg (5.53%), Vitamin D: 0.68µg (4.54%)