



WHATSheATE



Nam Sod



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chile paste with garlic (such as sambal oelek)
- ☐ 2 tablespoons dry-roasted peanuts
- ☐ 1.5 tablespoons fish sauce (such as Thai Kitchen)
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 0.3 cup green onions finely chopped
- ☐ 1 pound ground turkey breast
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.5 small head napa cabbage green chinese separated ()

☐ 0.5 cup vertical onion red thin

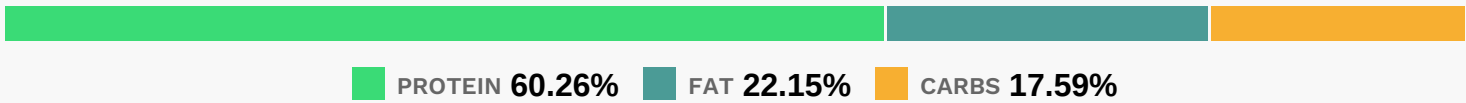
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add turkey to pan; cook 5 minutes or until done, stirring to crumble.
- ☐ Remove turkey from pan; set aside to cool.
- ☐ Combine onion slices and next 5 ingredients in a medium bowl.
- ☐ Let stand 10 minutes. Stir turkey into onion mixture; sprinkle with peanuts.
- ☐ Serve turkey mixture in cabbage leaves.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:1.31, Inflammation Score:-7, Nutrition Score:22.090869530388%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg

Nutrients (% of daily need)

Calories: 192.5kcal (9.62%), Fat: 4.95g (7.61%), Saturated Fat: 0.99g (6.22%), Carbohydrates: 8.85g (2.95%), Net Carbohydrates: 6.41g (2.33%), Sugar: 3.21g (3.56%), Cholesterol: 62.37mg (20.79%), Sodium: 622.32mg (27.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.3g (60.61%), Vitamin B6: 1.31mg (65.53%), Vitamin K: 65.68µg (62.55%), Vitamin B3: 12.48mg (62.39%), Vitamin C: 37.12mg (44.99%), Selenium: 26.91µg (38.45%),

Phosphorus: 321.56mg (32.16%), Folate: 118.27µg (29.57%), Potassium: 737.76mg (21.08%), Manganese: 0.4mg (19.96%), Magnesium: 73.19mg (18.3%), Zinc: 2.45mg (16.34%), Vitamin B5: 1.24mg (12.42%), Vitamin B2: 0.2mg (11.68%), Calcium: 110.63mg (11.06%), Vitamin B12: 0.61µg (10.18%), Vitamin B1: 0.15mg (10.01%), Fiber: 2.44g (9.75%), Vitamin A: 478.51IU (9.57%), Iron: 1.58mg (8.8%), Copper: 0.17mg (8.3%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.3mg (1.98%)