



Picadillo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons capers
- ☐ 3 cups rice hot cooked
- ☐ 3 garlic cloves minced
- ☐ 1 pound pd of ground turkey
- ☐ 1 cup low-salt beef broth
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion finely chopped

- ☐ 0.3 cup pimiento–stuffed olives coarsely chopped
- ☐ 0.3 cup raisins
- ☐ 1 tablespoon tomato paste

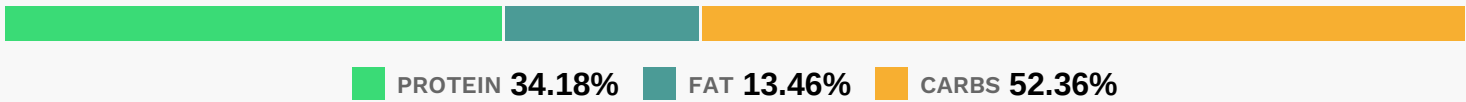
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium–high heat.
- ☐ Add onion; saut 5 minutes.
- ☐ Add turkey and garlic; cook 5 minutes or until browned, stirring to crumble.
- ☐ Add broth and next 5 ingredients (broth through pepper); stir well. Bring to a boil. Cover, reduce heat, and simmer 25 minutes.
- ☐ Serve with rice.
- ☐ Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:75.45, Glycemic Load:42.28, Inflammation Score:–5, Nutrition Score:17.753912956818%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 8.15mg, Kaempferol: 8.15mg, Kaempferol: 8.15mg, Kaempferol: 8.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 18.51mg, Quercetin: 18.51mg, Quercetin: 18.51mg

Nutrients (% of daily need)

Calories: 370.5kcal (18.53%), Fat: 5.59g (8.6%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 48.93g (16.31%), Net Carbohydrates: 46.15g (16.78%), Sugar: 2.35g (2.61%), Cholesterol: 62.37mg (20.79%), Sodium: 660.87mg (28.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.93g (63.86%), Vitamin B3: 12.34mg (61.69%), Vitamin B6: 1.2mg (60.03%), Selenium: 35.35µg (50.5%), Manganese: 0.73mg (36.32%), Phosphorus: 344.84mg (34.48%), Zinc: 2.74mg (18.28%), Potassium: 624.87mg (17.85%), Vitamin B5: 1.55mg (15.52%), Magnesium: 61.6mg (15.4%), Copper:

0.26mg (12.93%), Vitamin B2: 0.2mg (11.64%), Fiber: 2.78g (11.13%), Iron: 1.94mg (10.78%), Vitamin B12: 0.62µg (10.34%), Vitamin B1: 0.14mg (9.17%), Vitamin C: 5.45mg (6.6%), Vitamin E: 0.94mg (6.24%), Folate: 24.08µg (6.02%), Calcium: 45.76mg (4.58%), Vitamin D: 0.45µg (3.02%), Vitamin K: 3.09µg (2.95%), Vitamin A: 143.53IU (2.87%)