



Procrastination Picadillo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounces tomatoes diced canned
- ☐ 0.3 teaspoon ground pepper
- ☐ 1 teaspoon chipotle chili powder
- ☐ 6 servings cinnamon good (whatever smells)
- ☐ 0.5 cup wine dry white
- ☐ 8 garlic clove minced
- ☐ 2 pounds pd of ground turkey
- ☐ 0.3 cup olive oil

- ☐ 0.8 cup pimienta stuffed olives green pitted drained sliced ()
- ☐ 0.8 cup raisins
- ☐ 1.5 teaspoons red wine vinegar
- ☐ 6 servings salt and pepper
- ☐ 6 turkish bay leaf
- ☐ 1 large onion white chopped

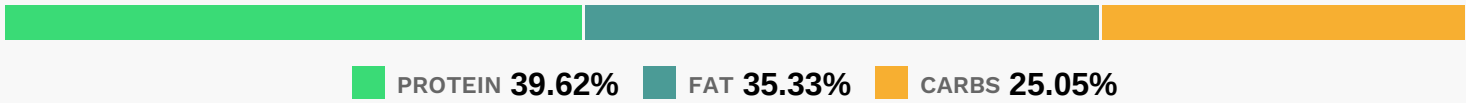
Equipment

- ☐ pot

Directions

- ☐ Heat oil in large pot over medium-high heat.
- ☐ Add onion, garlic, and bay leaves; sauté until onion is soft, about 5 minutes.
- ☐ Add turkey; sauté until cooked, breaking up into chunks.
- ☐ Drain.
- ☐ Add all remaining ingredients. Simmer until picadillo thickens, stirring occasionally, about 8 minutes. Season to taste with salt and pepper. Discard bay leaves.
- ☐ Serve warm over yellow rice (and with black beans if desired).

Nutrition Facts



Properties

Glycemic Index:27.97, Glycemic Load:8.64, Inflammation Score:-6, Nutrition Score:21.494347966236%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg

0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg

Nutrients (% of daily need)

Calories: 377.72kcal (18.89%), Fat: 14.86g (22.86%), Saturated Fat: 2.4g (15%), Carbohydrates: 23.69g (7.9%), Net Carbohydrates: 19.48g (7.08%), Sugar: 3.09g (3.43%), Cholesterol: 83.16mg (27.72%), Sodium: 645.87mg (28.08%), Alcohol: 2.06g (100%), Alcohol %: 0.82% (100%), Protein: 37.49g (74.98%), Vitamin B3: 15.56mg (77.81%), Vitamin B6: 1.51mg (75.73%), Selenium: 34.6µg (49.42%), Phosphorus: 390.21mg (39.02%), Manganese: 0.6mg (29.93%), Potassium: 816.14mg (23.32%), Zinc: 2.97mg (19.78%), Vitamin E: 2.72mg (18.11%), Fiber: 4.21g (16.84%), Magnesium: 66.18mg (16.54%), Iron: 2.89mg (16.04%), Vitamin B5: 1.5mg (14.97%), Vitamin B2: 0.25mg (14.7%), Vitamin C: 10.64mg (12.9%), Vitamin B12: 0.77µg (12.85%), Copper: 0.24mg (12.18%), Vitamin B1: 0.17mg (11.36%), Vitamin K: 8.93µg (8.51%), Calcium: 76.8mg (7.68%), Vitamin A: 330.73IU (6.61%), Folate: 24.18µg (6.04%), Vitamin D: 0.6µg (4.03%)