



Rice noodle & turkey salad with lime-chilli dressing



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



342 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 100 g rice dried thin
- ☐ 1 to 5 chilies red seeds removed, thinly sliced
- ☐ 2 carrots shredded
- ☐ 1 small onion red thinly sliced into half moons
- ☐ 1 handful cilantro leaves roughly chopped
- ☐ 1 handful mint leaves roughly chopped
- ☐ 500 g ground meat turkey

- ☐ 2 tbsp fish sauce
- ☐ 2 tbsp brown sugar light
- ☐ 4 juice of lime
- ☐ 1 garlic clove crushed

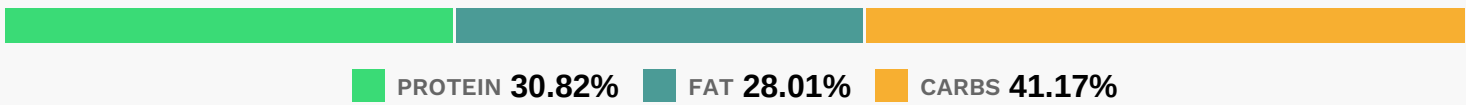
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Pour boiling water over the noodles and allow to sit for 5 mins.
- ☐ Drain, rinse under cold water and put in a large bowl, along with the chilli, carrots, onion and herbs.
- ☐ To make the lime–chilli dressing, mix all the ingredients together in a small bowl or a screw–top jar.
- ☐ Heat a non–stick frying pan or wok over a high heat until extremely hot. Lightly coat with oil and fry the turkey until nicely browned, breaking into chunks as you go.
- ☐ Add the noodle mixture, pour the dressing over the salad and mix well.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:14.01, Inflammation Score:–10, Nutrition Score:21.396521620128%

Flavonoids

Eriodictyol: 0.97mg, Eriodictyol: 0.97mg, Eriodictyol: 0.97mg, Eriodictyol: 0.97mg Hesperetin: 2.79mg, Hesperetin: 2.79mg, Hesperetin: 2.79mg, Hesperetin: 2.79mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 342.25kcal (17.11%), Fat: 10.78g (16.59%), Saturated Fat: 2.79g (17.43%), Carbohydrates: 35.64g (11.88%), Net Carbohydrates: 33.58g (12.21%), Sugar: 9.91g (11.01%), Cholesterol: 92.5mg (30.83%), Sodium: 820.34mg (35.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.69g (53.37%), Vitamin A: 5420.34IU (108.41%), Selenium: 28.79µg (41.12%), Vitamin B3: 7.93mg (39.67%), Vitamin C: 29.87mg (36.2%), Vitamin B6: 0.67mg (33.6%), Phosphorus: 300.92mg (30.09%), Vitamin B12: 1.54µg (25.72%), Zinc: 3.65mg (24.35%), Manganese: 0.44mg (22.04%), Vitamin B2: 0.29mg (17.24%), Vitamin B5: 1.71mg (17.12%), Potassium: 551.88mg (15.77%), Magnesium: 61.44mg (15.36%), Copper: 0.25mg (12.55%), Iron: 2.15mg (11.94%), Vitamin B1: 0.15mg (10.25%), Vitamin K: 9.03µg (8.6%), Folate: 33.79µg (8.45%), Fiber: 2.06g (8.24%), Calcium: 68.72mg (6.87%), Vitamin E: 0.54mg (3.61%), Vitamin D: 0.5µg (3.33%)