



Santa Fe Turkey Skillet



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce no-salt-added black beans rinsed drained canned
- ☐ 8 cherry tomatoes halved
- ☐ 1.5 tablespoons chili powder
- ☐ 10 ounce whole-kernel corn frozen thawed
- ☐ 1 large garlic clove minced
- ☐ 8 green onions cut into 1-inch pieces
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 teaspoon salt

- ☐ 1 pound turkey tenderloins
- ☐ 0.3 cup water

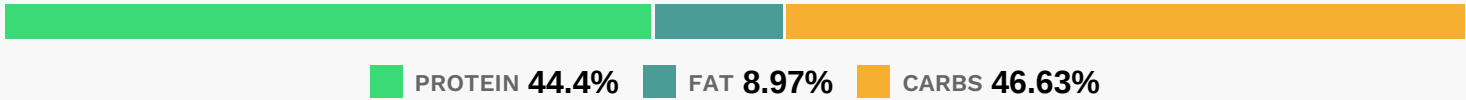
Equipment

- ☐ frying pan

Directions

- ☐ Combine turkey and chili powder, tossing until turkey is coated. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add turkey, and saut 5 minutes or until done.
- ☐ Remove turkey from skillet; set aside.
- ☐ Coat skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add green onions and garlic to skillet; saut 2 minutes.
- ☐ Add beans and next 4 ingredients; cook, stirring constantly, 3 minutes or until mixture is thoroughly heated.
- ☐ Add turkey and tomatoes to skillet; cook, stirring constantly, until mixture is thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:5.22, Inflammation Score:-9, Nutrition Score:18.403043529262%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 333.63kcal (16.68%), Fat: 3.46g (5.33%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 40.52g (13.51%),
Net Carbohydrates: 27.92g (10.15%), Sugar: 4.84g (5.38%), Cholesterol: 50.62mg (16.87%), Sodium: 425.35mg
(18.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.59g (77.18%), Folate: 205.64µg (51.41%), Vitamin K:
53.84µg (51.27%), Fiber: 12.6g (50.41%), Manganese: 0.69mg (34.58%), Vitamin A: 1335.25IU (26.71%), Magnesium:
96.6mg (24.15%), Vitamin B1: 0.32mg (21.4%), Phosphorus: 210.51mg (21.05%), Iron: 3.55mg (19.7%), Potassium:
677.24mg (19.35%), Vitamin C: 14.78mg (17.91%), Copper: 0.33mg (16.34%), Zinc: 1.7mg (11.34%), Vitamin B6: 0.21mg
(10.73%), Vitamin B2: 0.18mg (10.71%), Vitamin E: 1.54mg (10.26%), Vitamin B3: 1.91mg (9.56%), Calcium: 64.17mg
(6.42%), Vitamin B5: 0.61mg (6.06%), Selenium: 2.74µg (3.91%)