



WHATSheATE



HEALTH SCORE

55%

Shredded Five-Spice Turkey with Herb and Noodle Salad



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon five spice powder
- ☐ 4 cups boston lettuce
- ☐ 1 teaspoon chili sauce with garlic hot
- ☐ 1 tablespoon sesame oil dark
- ☐ 1 teaspoon sesame oil dark
- ☐ 0.5 cup fat-skimmed beef broth fat-free
- ☐ 0.5 cup basil fresh chopped

- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 3 garlic clove minced
- ☐ 1 cup spring onion chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon soy sauce low-sodium
- ☐ 0.8 cup onion chopped
- ☐ 1 tablespoon oyster sauce
- ☐ 2 cups bell pepper red thinly sliced
- ☐ 4 ounces vermicelli uncooked
- ☐ 1 tablespoon rice vinegar
- ☐ 2 tablespoons rice vinegar
- ☐ 2 ounces mushroom caps thinly sliced
- ☐ 8 ounces turkey meat shredded skinless cooked

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ To prepare turkey, heat 1 tablespoon of oil in a large nonstick skillet over medium-high heat.
- ☐ Add mushrooms and chopped onion to pan; saut 5 minutes or until lightly browned.
- ☐ Add turkey and next 5 ingredients (through salt) to pan; cook 5 minutes or until liquid is absorbed.
- ☐ To prepare dressing, combine 2 tablespoons vinegar and next 6 ingredients (through garlic) in a small bowl, stirring with a whisk.
- ☐ To prepare salad, cook pasta according to package directions, omitting salt and fat; drain.

- ☐ Combine lettuce and remaining ingredients except mint sprigs.
- ☐ Place about 2 cups lettuce mixture into each of 4 bowls. Top each with 1 cup noodles and 1 1/2 cups turkey mixture; drizzle each with 1 1/2 tablespoons dressing.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:104.5, Glycemic Load:15.8, Inflammation Score:-10, Nutrition Score:28.196521587994%

Flavonoids

Eriodictyol: 1.82mg, Eriodictyol: 1.82mg, Eriodictyol: 1.82mg, Eriodictyol: 1.82mg Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.41mg, Quercetin: 11.41mg, Quercetin: 11.41mg, Quercetin: 11.41mg

Nutrients (% of daily need)

Calories: 277.25kcal (13.86%), Fat: 6.48g (9.98%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 38.11g (12.7%), Net Carbohydrates: 33.27g (12.1%), Sugar: 6.18g (6.86%), Cholesterol: 37.99mg (12.66%), Sodium: 679.01mg (29.52%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 17.53g (35.06%), Vitamin C: 109.14mg (132.29%), Vitamin K: 126.06µg (120.06%), Vitamin A: 4799.75IU (95.99%), Vitamin B6: 0.79mg (39.25%), Vitamin B3: 6.75mg (33.75%), Manganese: 0.62mg (31.03%), Selenium: 19.87µg (28.38%), Folate: 112.15µg (28.04%), Phosphorus: 245.59mg (24.56%), Fiber: 4.84g (19.37%), Potassium: 675.64mg (19.3%), Vitamin B2: 0.31mg (18.46%), Iron: 2.88mg (15.98%), Magnesium: 57.14mg (14.28%), Zinc: 2.03mg (13.54%), Vitamin B12: 0.78µg (12.97%), Vitamin B5: 1.18mg (11.79%), Vitamin E: 1.65mg (10.99%), Vitamin B1: 0.15mg (10.32%), Copper: 0.2mg (10.17%), Calcium: 92.22mg (9.22%), Vitamin D: 0.17µg (1.13%)