



Smoked Turkey Leg and Green Bean Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



209 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 3 cloves garlic minced
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup pinenuts toasted
- ☐ 1 bell pepper red julienned seeded
- ☐ 1 small onion red sliced in half moons
- ☐ 1 pound string beans ends trimmed cut into 1-inch pieces

- ☐ 6 sun-dried tomatoes packed in oil, chopped
- ☐ 1 pound meat from 1 turkey leg smoked skinless roughly chopped
- ☐ 1 tablespoon vegetable oil

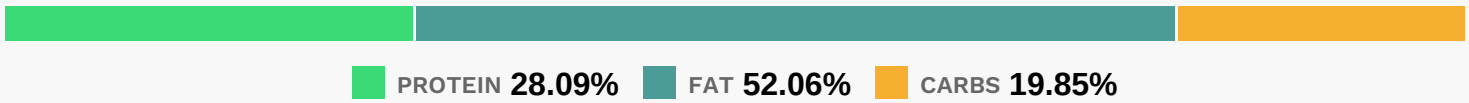
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil over medium heat and add the string beans. Blanch until bright green, about 3 minutes, then transfer to an ice bath. Warm the butter and the oil in a large skillet over medium heat.
- ☐ Add the onion and garlic, a pinch of salt and pepper, and cook until they are softened but have no color.
- ☐ Add the bell pepper to the skillet and continue to saute another 2 minutes. Strain the string beans and pat dry.
- ☐ Add the beans, tomatoes, turkey and lemon juice and stir until all ingredients are evenly incorporated and warm.
- ☐ Transfer to a serving bowl, top with toasted pine nuts and serve.

Nutrition Facts



Properties

Glycemic Index:41.17, Glycemic Load:2.53, Inflammation Score:-8, Nutrition Score:16.716521781424%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg

Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg

Nutrients (% of daily need)

Calories: 209.1kcal (10.46%), Fat: 12.54g (19.3%), Saturated Fat: 3.18g (19.89%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 7.48g (2.72%), Sugar: 5.11g (5.68%), Cholesterol: 49.57mg (16.52%), Sodium: 70.05mg (3.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.23g (30.46%), Vitamin C: 38.23mg (46.34%), Vitamin K: 41.97µg (39.97%), Manganese: 0.79mg (39.66%), Selenium: 17.52µg (25.03%), Vitamin A: 1223.12IU (24.46%), Vitamin B6: 0.43mg (21.58%), Phosphorus: 192.94mg (19.29%), Zinc: 2.63mg (17.5%), Vitamin B3: 3.06mg (15.31%), Vitamin B2: 0.26mg (15.2%), Potassium: 512.09mg (14.63%), Iron: 2.51mg (13.96%), Magnesium: 55.03mg (13.76%), Fiber: 3.29g (13.15%), Copper: 0.26mg (13.03%), Folate: 47.73µg (11.93%), Vitamin B1: 0.16mg (10.95%), Vitamin B5: 1.01mg (10.15%), Vitamin E: 1.4mg (9.32%), Calcium: 51.21mg (5.12%), Vitamin B12: 0.25µg (4.14%)