



Spicy Turkey and Green Bean Stir-Fry

 **Gluten Free**  **Dairy Free**

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

517 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 0.8 pound percent ground turkey lean
- ☐ 1.5 cups rice
- ☐ 2 teaspoons asian chile paste such as sambal oelek
- ☐ 2 teaspoons cornstarch
- ☐ 1 cup chicken broth fat-free low-sodium
- ☐ 1 clove garlic minced
- ☐ 1.5 pounds green beans trimmed
- ☐ 2 tablespoons soya sauce low-sodium

- ☐ 1 small half-sour pickle finely chopped
- ☐ 1 tablespoon rice vinegar dry (not seasoned)
- ☐ 0.5 teaspoon sugar
- ☐ 3 tablespoons vegetable oil

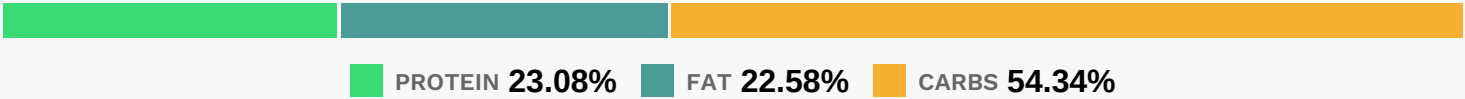
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ pot
- ☐ wooden spoon
- ☐ broiler

Directions

- ☐ Bring a large pot of water to a boil. Stir in the rice, cover and boil until tender, about 18 minutes; drain well and keep warm.
- ☐ Meanwhile, preheat the broiler. Toss the green beans, 1 1/2 tablespoons vegetable oil and the sugar on a rimmed baking sheet. Broil, stirring once, until the beans are tender and charred, about 8 minutes.
- ☐ Heat the remaining 1 1/2 tablespoons vegetable oil in a large skillet over high heat.
- ☐ Add the turkey and cook, breaking it up with a wooden spoon, until browned, 3 minutes.
- ☐ Add the garlic, pickle and chile paste and cook until the garlic is slightly golden, about 3 minutes.
- ☐ Whisk the chicken broth, soy sauce, sherry and cornstarch in a bowl.
- ☐ Add the green beans to the skillet with the turkey mixture and cook, stirring, 1 minute.
- ☐ Add the soy sauce mixture and cook, stirring occasionally, until the sauce thickens slightly, about 3 minutes.
- ☐ Serve with the rice.
- ☐ Photograph by Christopher Testani

Nutrition Facts



Properties

Glycemic Index:64.32, Glycemic Load:37.15, Inflammation Score:-8, Nutrition Score:27.048260792442%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Nutrients (% of daily need)

Calories: 516.65kcal (25.83%), Fat: 13.12g (20.19%), Saturated Fat: 2.3g (14.36%), Carbohydrates: 71.04g (23.68%), Net Carbohydrates: 65.36g (23.77%), Sugar: 6.6g (7.33%), Cholesterol: 46.78mg (15.59%), Sodium: 438.29mg (19.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.17g (60.33%), Vitamin K: 93.57µg (89.11%), Manganese: 1.18mg (59.04%), Vitamin B3: 11.57mg (57.85%), Vitamin B6: 1.12mg (55.88%), Selenium: 30.52µg (43.6%), Phosphorus: 372.68mg (37.27%), Vitamin C: 21.58mg (26.16%), Vitamin A: 1216.9IU (24.34%), Magnesium: 91.85mg (22.96%), Fiber: 5.68g (22.72%), Potassium: 791.22mg (22.61%), Vitamin B2: 0.34mg (20.3%), Zinc: 2.81mg (18.72%), Vitamin B5: 1.87mg (18.69%), Folate: 73.02µg (18.25%), Copper: 0.36mg (18.1%), Iron: 3.26mg (18.09%), Vitamin B1: 0.25mg (16.8%), Vitamin E: 1.72mg (11.46%), Calcium: 96.79mg (9.68%), Vitamin B12: 0.49µg (8.21%), Vitamin D: 0.34µg (2.27%)