



## Thai Curry Stew with Turkey and Zucchini



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



575 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups brown basmati rice hot cooked
- ☐ 1.5 cups carrots grated peeled
- ☐ 15 cilantro sprigs coarsely chopped
- ☐ 0.5 teaspoon coriander seeds
- ☐ 0.5 teaspoon cumin seeds
- ☐ 0.3 cup dry-roasted peanuts unsalted chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped

- ☐ 0.5 inch ginger fresh peeled coarsely chopped
- ☐ 2 garlic cloves crushed
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup coconut milk light
- ☐ 1 teaspoon lime rind grated
- ☐ 6 lime wedges
- ☐ 4 cups lower-sodium chicken broth fat-free
- ☐ 2 tablespoons olive oil
- ☐ 1 to 2 thai dried red hot
- ☐ 3 cups turkey dark light skinless cooked chopped ( and meat)
- ☐ 0.3 cup water boiling
- ☐ 1 cup onion yellow chopped
- ☐ 3.5 cups zucchini divided coarsely chopped ( 2 medium)

## Equipment

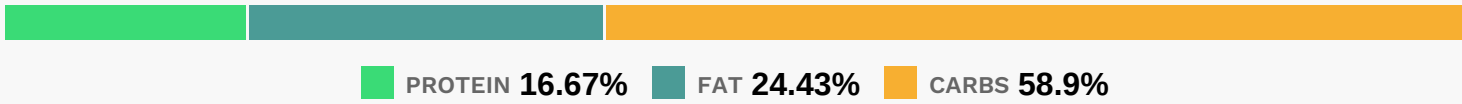
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ potato masher
- ☐ dutch oven
- ☐ immersion blender

## Directions

- ☐ Combine chiles and 1/4 cup boiling water in a bowl; let stand for 15 minutes or until chiles are soft.
- ☐ Remove chiles; discard water.
- ☐ Combine coriander and cumin in a small skillet over medium heat. Cook 3 minutes or until toasted, shaking pan frequently.
- ☐ Place spice mixture in a spice or coffee grinder, and process until finely ground.

- ☐ Combine the ground spices, chiles, rind, cilantro sprigs, garlic, and ginger in a food processor; process until finely chopped.
- ☐ Add coconut milk, and process until smooth.
- ☐ Heat a Dutch oven over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add carrot and onion; cook 5 minutes or until onion is tender, stirring occasionally.
- ☐ Add the coconut milk mixture, salt, and pepper. Increase heat to high, and cook for 4 minutes or until mixture reduces and begins to brown, stirring frequently. Reduce heat to medium-high; add broth, scraping pan to loosen browned bits. Bring to a boil; stir in 2 cups zucchini. Simmer for 45 minutes or until zucchini is very tender.
- ☐ Remove pan from heat. Mash zucchini mixture with a potato masher, or blend with an immersion blender. Return pan to medium-high heat. Stir in the remaining 1 1/2 cups zucchini and turkey; cook 2 minutes or until thoroughly heated.
- ☐ Spoon 1/2 cup rice into each of 6 shallow bowls; top each serving with about 1 cup stew, 2 teaspoons nuts, and 1 teaspoon cilantro.
- ☐ Serve with lime wedges.

## Nutrition Facts



## Properties

Glycemic Index:59.6, Glycemic Load:43, Inflammation Score:-10, Nutrition Score:30.12478265555%

## Flavonoids

Hesperetin: 7.88mg, Hesperetin: 7.88mg, Hesperetin: 7.88mg, Hesperetin: 7.88mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg

## Nutrients (% of daily need)

Calories: 574.55kcal (28.73%), Fat: 15.7g (24.16%), Saturated Fat: 4.65g (29.09%), Carbohydrates: 85.16g (28.39%), Net Carbohydrates: 78.5g (28.54%), Sugar: 4.9g (5.44%), Cholesterol: 35.78mg (11.93%), Sodium: 633.62mg (27.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.1g (48.2%), Manganese: 3.98mg (198.76%), Vitamin

A: 5899.25IU (117.99%), Vitamin B6: 1.02mg (51.07%), Vitamin B3: 9.59mg (47.95%), Magnesium: 182.44mg (45.61%), Phosphorus: 420.98mg (42.1%), Vitamin B1: 0.51mg (34.27%), Potassium: 1122.98mg (32.09%), Vitamin C: 23.95mg (29.02%), Fiber: 6.67g (26.66%), Vitamin K: 26.53µg (25.26%), Vitamin B5: 2.25mg (22.52%), Zinc: 3.36mg (22.38%), Copper: 0.44mg (21.93%), Iron: 3.1mg (17.2%), Selenium: 11.68µg (16.68%), Folate: 63.47µg (15.87%), Vitamin B2: 0.25mg (14.54%), Vitamin B12: 0.61µg (10.11%), Calcium: 86.16mg (8.62%), Vitamin E: 1.2mg (8%)