



Turkey and Okra Skillet Dinner

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bacon chopped
- 1 pint cherry tomatoes halved
- 3 cups ears corn
- 1 tablespoon flour all-purpose
- 2 teaspoons thyme or dried fresh chopped
- 4 servings kosher salt and pepper freshly ground
- 1 tablespoon juice of lemon fresh
- 0.5 cup chicken broth low-sodium

- 0.5 pound okra
- 1.5 tablespoons olive oil extra-virgin
- 1.3 pounds turkey cutlets cut into 2-inch pieces

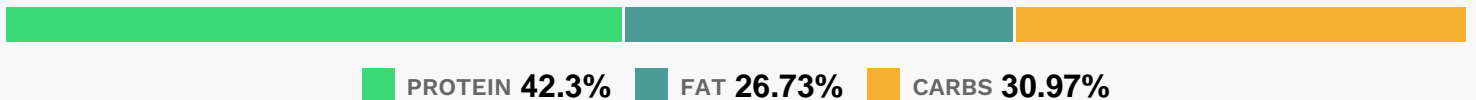
Equipment

- bowl
- frying pan

Directions

- Cook the bacon in a large nonstick skillet over medium heat until slightly crisp, about 6 minutes. Meanwhile, toss the turkey in a bowl with the flour, thyme, 1/2 teaspoon salt, and pepper to taste.
- Increase the heat to medium high and add 1 tablespoon olive oil to the skillet. When the oil is hot, add the turkey in one layer and cook, turning once, until lightly browned on both sides but not cooked through, 2 to 3 minutes.
- Transfer the turkey and bacon to a bowl.
- Heat the remaining 1/2 tablespoon olive oil in the pan, then add the okra and a pinch of salt and cook, stirring, 3 minutes.
- Add the chicken broth, 1/2 cup water, the corn and tomatoes and bring to a simmer; cook, stirring occasionally, until the okra is tender and the tomatoes begin to fall apart, 3 to 5 minutes. Return the turkey and bacon to the pan and simmer until the turkey is just cooked through, about 1 more minute. Stir in the lemon juice and season with salt and pepper.
- Photograph by Andrew Purcell

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:1.81, Inflammation Score:-9, Nutrition Score:17.814782667419%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 12.73mg, Quercetin: 12.73mg, Quercetin: 12.73mg, Quercetin: 12.73mg

Nutrients (% of daily need)

Calories: 391.23kcal (19.56%), Fat: 12.2g (18.77%), Saturated Fat: 2.64g (16.52%), Carbohydrates: 31.81g (10.6%), Net Carbohydrates: 26.74g (9.72%), Sugar: 10.74g (11.93%), Cholesterol: 95.85mg (31.95%), Sodium: 374.41mg (16.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.44g (86.88%), Vitamin C: 49.11mg (59.52%), Manganese: 0.8mg (40.13%), Vitamin K: 33.12µg (31.55%), Folate: 100.62µg (25.16%), Vitamin B1: 0.37mg (24.87%), Vitamin A: 1211.08IU (24.22%), Potassium: 778.22mg (22.23%), Magnesium: 86.56mg (21.64%), Vitamin B3: 4.11mg (20.53%), Fiber: 5.06g (20.26%), Phosphorus: 192.52mg (19.25%), Vitamin B6: 0.35mg (17.7%), Iron: 2.79mg (15.52%), Copper: 0.24mg (11.83%), Vitamin E: 1.74mg (11.59%), Vitamin B5: 1.15mg (11.45%), Vitamin B2: 0.15mg (8.79%), Zinc: 1.2mg (8%), Calcium: 73.54mg (7.35%), Selenium: 4.51µg (6.45%), Vitamin B12: 0.08µg (1.41%)