



Turkey-Brown Rice Pilaf

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



411 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 pound turkey breast tenderloins cooked
- 2 teaspoons vegetable oil
- 2 cups brown rice cooked
- 0.5 cup carrots finely chopped
- 2 tablespoons spring onion chopped
- 0.5 cup celery stalks finely chopped
- 2 tablespoons chicken broth (from 32-oz carton)
- 1 tablespoon parmesan cheese grated

2 tablespoons parsley fresh chopped

Equipment

frying pan

Directions

Chop turkey.

Heat oil in 10-inch nonstick skillet over medium-high heat. Cook rice, carrot, onions and celery in oil 5 minutes, stirring frequently, until vegetables are tender and rice is toasted light brown.

Stir in broth and turkey; reduce heat to medium-low. Cover and cook about 5 minutes, stirring occasionally, until hot. Top with cheese and parsley.

Nutrition Facts



PROTEIN 31.66% **FAT 18.74%** **CARBS 49.6%**

Properties

Glycemic Index:97.52, Glycemic Load:23.36, Inflammation Score:-10, Nutrition Score:21.433043607551%

Flavonoids

Apigenin: 9.34mg, Apigenin: 9.34mg, Apigenin: 9.34mg, Apigenin: 9.34mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 411.11kcal (20.56%), Fat: 8.52g (13.11%), Saturated Fat: 1.92g (12.03%), Carbohydrates: 50.73g (16.91%), Net Carbohydrates: 45.63g (16.59%), Sugar: 2.1g (2.33%), Cholesterol: 53.1mg (17.7%), Sodium: 222.76mg (9.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.38g (64.76%), Vitamin A: 5878IU (117.56%), Manganese: 2.24mg (111.8%), Vitamin K: 97.96µg (93.3%), Magnesium: 96.64mg (24.16%), Fiber: 5.1g (20.39%), Phosphorus: 188.4mg (18.84%), Vitamin B6: 0.36mg (18.13%), Vitamin B1: 0.24mg (15.73%), Vitamin B3: 3.11mg (15.54%), Vitamin C: 9.12mg (11.05%), Potassium: 368.12mg (10.52%), Zinc: 1.5mg (10.02%), Copper: 0.2mg (9.77%), Vitamin B5: 0.94mg (9.44%), Iron: 1.54mg (8.55%), Folate: 33.04µg (8.26%), Calcium: 72.7mg (7.27%), Vitamin B2: 0.08mg (4.86%), Vitamin E: 0.73mg (4.86%), Selenium: 1.11µg (1.58%)