



Turkey curry

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 large onion sliced
- ☐ 1 bell pepper green deseeded chopped
- ☐ 2 tbsp curry paste gluten-free (or alternative)
- ☐ 2 garlic cloves crushed
- ☐ 400 g tomatoes chopped canned
- ☐ 300 g turkey diced leftover
- ☐ 300 g potatoes diced leftover boiled cooked (either or roast)

- ☐ 2 tbsp mango chutney
- ☐ 1 small pack coriander roughly chopped
- ☐ 4 servings naan bread

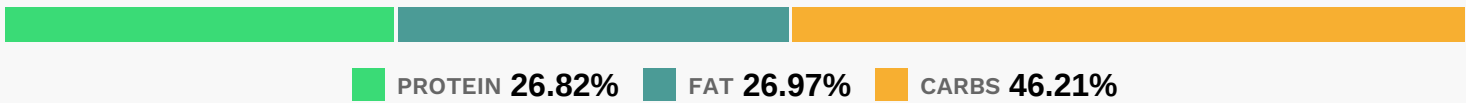
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large pan over a fairly high heat. Cook the onion and pepper for 3–4 mins until starting to soften and brown slightly. Stir in the curry paste and garlic, then cook for another 1–2 mins.
- ☐ Add the chopped tomatoes and 150ml water. Bring to the boil and bubble for 5 mins.
- ☐ Turn the heat down, stir in the turkey and potatoes, and cook for another 2–3 mins, then season and add the mango chutney. Scatter with coriander and serve with rice or naan.

Nutrition Facts



Properties

Glycemic Index:68.94, Glycemic Load:16.37, Inflammation Score:-9, Nutrition Score:21.801739236583%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg

Nutrients (% of daily need)

Calories: 415.79kcal (20.79%), Fat: 12.49g (19.22%), Saturated Fat: 2.78g (17.4%), Carbohydrates: 48.15g (16.05%), Net Carbohydrates: 42.53g (15.46%), Sugar: 13.68g (15.2%), Cholesterol: 84.23mg (28.08%), Sodium: 431.69mg (18.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.94g (55.88%), Vitamin C: 52.78mg (63.98%), Vitamin B6: 0.97mg (48.31%), Vitamin B3: 9.4mg (46.99%), Selenium: 23.78µg (33.97%), Vitamin A: 1571.7IU (31.43%), Phosphorus: 263.26mg (26.33%), Potassium: 911.13mg (26.03%), Fiber: 5.62g (22.49%), Manganese: 0.42mg (21.21%), Vitamin E: 2.89mg (19.27%), Copper: 0.38mg (19.18%), Vitamin B2: 0.32mg (18.55%), Iron: 3.16mg (17.56%), Magnesium: 67.38mg (16.84%), Zinc: 2.48mg (16.51%), Vitamin B1: 0.21mg (13.86%), Vitamin B5: 1.3mg

(13%), Vitamin B12: 0.76µg (12.75%), Folate: 43.31µg (10.83%), Vitamin K: 10.84µg (10.32%), Calcium: 100.33mg (10.03%), Vitamin D: 0.3µg (2%)