



Turkey Curry

 Dairy Free

READY IN



38 min.

SERVINGS



4

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons canola oil
- 1.5 teaspoons curry powder
- 14 ounce fat-skimmed beef broth fat-free canned
- 2 tablespoons flour all-purpose
- 2 tablespoons cilantro leaves fresh chopped
- 1.5 cups onion chopped (1 large onion)
- 0.5 teaspoon salt
- 1 pound turkey cooked chopped

Equipment

frying pan

Directions

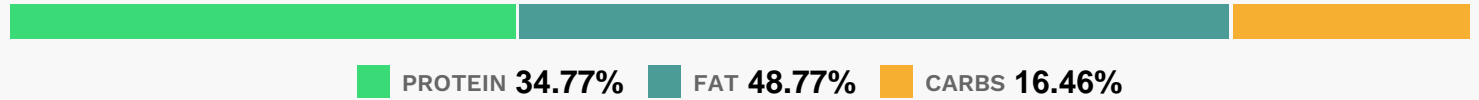
Heat canola oil in a large nonstick skillet over medium-high heat.

Add onion to pan; saut 4 minutes.

Add flour and curry powder; saut 1 minute. Stir in chicken broth; bring to a boil. Stir in turkey and salt. Reduce heat, and simmer 5 minutes or until thickened.

Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:3.32, Inflammation Score:-4, Nutrition Score:10.785217492477%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.29mg, Quercetin: 12.29mg, Quercetin: 12.29mg, Quercetin: 12.29mg

Nutrients (% of daily need)

Calories: 219.51kcal (10.98%), Fat: 11.91g (18.32%), Saturated Fat: 1.74g (10.87%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 7.67g (2.79%), Sugar: 2.77g (3.08%), Cholesterol: 57.97mg (19.32%), Sodium: 789.64mg (34.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.11g (38.21%), Vitamin B3: 7.02mg (35.08%), Selenium: 21.03µg (30.05%), Vitamin B6: 0.58mg (28.94%), Vitamin B12: 1.18µg (19.68%), Phosphorus: 182.42mg (18.24%), Vitamin B2: 0.21mg (12.17%), Zinc: 1.61mg (10.76%), Vitamin E: 1.48mg (9.88%), Potassium: 314.4mg (8.98%), Vitamin B5: 0.86mg (8.63%), Manganese: 0.16mg (7.87%), Iron: 1.36mg (7.55%), Magnesium: 29.91mg (7.48%), Vitamin B1: 0.1mg (6.98%), Folate: 26.17µg (6.54%), Vitamin K: 6.61µg (6.3%), Copper: 0.12mg (5.82%), Vitamin C: 4.58mg (5.55%), Fiber: 1.38g (5.5%), Calcium: 31.09mg (3.11%), Vitamin D: 0.24µg (1.61%), Vitamin A: 67.18IU (1.34%)