



Turkey Joe's Special

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 large eggs
- ☐ 0.3 pound pd of ground turkey
- ☐ 0.3 pound mushrooms sliced
- ☐ 1 cup onion chopped
- ☐ 2 tablespoons parmesan cheese shredded
- ☐ 4 servings bell pepper
- ☐ 4 servings salt
- ☐ 2.5 cups spinach leaves washed and packed

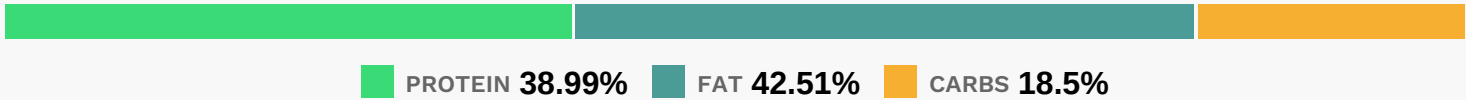
Equipment

- ☐ frying pan

Directions

- ☐ In an 11- to 12-inch nonstick frying pan over medium-high heat, combine 1 cup chopped onion, 1/3 pound sliced mushrooms, and 1/4 pound ground turkey. Stir often until mushrooms are lightly browned, about 10 minutes.
- ☐ Add 1/4 pound (2 1/2 cups packed) washed spinach leaves; stir often until wilted, 3 to 4 minutes. Meanwhile, beat 8 large eggs to blend. Turn heat to low, pour eggs into pan, and sitr until eggs are creamy, 2 minutes, or as set as you like.
- ☐ Sprinkle with 2 to 3 tablespoons shredded parmesan cheese and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:2.14, Inflammation Score:-10, Nutrition Score:31.618260964103%

Flavonoids

Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg

Nutrients (% of daily need)

Calories: 232.55kcal (11.63%), Fat: 11.17g (17.19%), Saturated Fat: 3.77g (23.56%), Carbohydrates: 10.94g (3.65%), Net Carbohydrates: 7.91g (2.88%), Sugar: 6.04g (6.71%), Cholesterol: 389.29mg (129.76%), Sodium: 411.58mg (17.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.06g (46.12%), Vitamin C: 104.38mg (126.52%), Vitamin A: 4658.19IU (93.16%), Vitamin K: 94.72µg (90.21%), Selenium: 41.51µg (59.29%), Vitamin B2: 0.76mg (44.5%), Vitamin B6: 0.76mg (37.79%), Phosphorus: 352.37mg (35.24%), Folate: 134.11µg (33.53%), Vitamin B5: 2.66mg (26.57%), Vitamin B3: 5.11mg (25.55%), Potassium: 664.39mg (18.98%), Vitamin B12: 1.08µg (18%), Vitamin E: 2.64mg (17.63%), Manganese: 0.35mg (17.58%), Iron: 3.09mg (17.18%), Zinc: 2.41mg (16.06%), Vitamin D: 2.2µg (14.68%), Magnesium: 52.48mg (13.12%), Copper: 0.26mg (13.11%), Fiber: 3.04g (12.14%), Calcium: 120.68mg (12.07%), Vitamin B1: 0.16mg (10.83%)