



Turkey laksa

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp curry paste red
- ☐ 1 l chicken stock see
- ☐ 1 lb turkey breast skinless cut into strips
- ☐ 225 g vermicelli thin
- ☐ 1 bell pepper red deseeded sliced
- ☐ 300 g bean sprouts
- ☐ 400 ml lite coconut milk reduced-fat canned
- ☐ 1 juice of lime

- ☐ 2 tsp sugar
- ☐ 1 small handful cilantro leaves

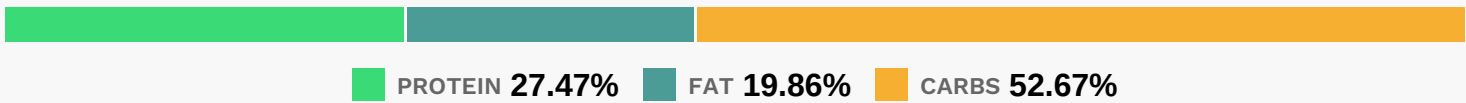
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Heat a large saucepan and fry the curry paste for 1 min, until fragrant. Tip in the stock and bring to the boil, then throw in the turkey and cook for 5 mins.
- ☐ Add the rice noodles and cook for 3 mins more.
- ☐ Add the pepper and beansprouts and cook for 2 mins more.
- ☐ Add the coconut milk, bring to a simmer, season with the lime juice and sugar, then spoon into bowls, sprinkle with the coriander leaves and serve.

Nutrition Facts



Properties

Glycemic Index:48.02, Glycemic Load:28.48, Inflammation Score:-9, Nutrition Score:25.844782611598%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 525.76kcal (26.29%), Fat: 11.39g (17.52%), Saturated Fat: 7.03g (43.92%), Carbohydrates: 67.93g (22.64%), Net Carbohydrates: 64.86g (23.59%), Sugar: 10.91g (12.12%), Cholesterol: 68.84mg (22.95%), Sodium: 775.46mg (33.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.44g (70.87%), Vitamin B3: 16.26mg (81.3%), Vitamin C: 51.32mg (62.21%), Vitamin B6: 1.2mg (59.94%), Selenium: 40.32µg (57.6%), Phosphorus: 471.92mg (47.19%), Vitamin A: 1639.37IU (32.79%), Vitamin B2: 0.51mg (30.06%), Vitamin K: 29.86µg (28.44%), Manganese: 0.47mg (23.4%), Potassium: 746.13mg (21.32%), Folate: 83.11µg (20.78%), Copper: 0.37mg (18.61%),

Zinc: 2.64mg (17.59%), Magnesium: 65.42mg (16.36%), Vitamin B1: 0.23mg (15.02%), Iron: 2.47mg (13.73%), Vitamin B5: 1.3mg (13.02%), Fiber: 3.07g (12.29%), Vitamin B12: 0.71µg (11.91%), Calcium: 52.43mg (5.24%), Vitamin E: 0.73mg (4.87%)