



## Turkey Larb

 **Gluten Free**  **Dairy Free**

READY IN



**40 min.**

SERVINGS



**4**

CALORIES



**528 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 servings pepper black freshly ground
- 1 head boston lettuce separated
- 3 tablespoons canola oil
- 2 tablespoons fish sauce
- 0.5 cup mint leaves fresh chopped
- 1.5 pounds pd of ground turkey dark (preferably meat)
- 2 tablespoons honey
- 4 servings kosher salt

- 1 tablespoons juice of lemon fresh (from 1 large lemon)
- 0.3 cup lemongrass minced
- 0.3 cup juice of lime fresh (from 5 limes)
- 0.5 medium onion diced red
- 1 serrano chile stemmed thinly sliced (such as prik kee noo)
- 3 small shallots thinly sliced
- 4 servings sticky rice white for serving

## Equipment

- bowl
- frying pan
- whisk

## Directions

- Make the dressing: In a small bowl, whisk the lime juice, lemon juice, fish sauce and honey. Set aside.
- Make the larb: In a large skillet, heat the oil over medium heat.
- Add the onion, shallots, lemongrass, chile, and salt to taste. Cook until the vegetables begin to soften, about 5 minutes.
- Add the turkey and season with salt. Cook, stirring frequently, until the meat and vegetables are cooked through, about 5 minutes.
- Add the dressing to the pan and cook 2 minutes.
- Remove from the heat and stir in the mint. Season with salt and pepper.
- Spoon the turkey mixture onto the lettuce leaves and arrange on a serving platter.
- Serve with sticky rice.
- Photograph by Kat Teutsch

## Nutrition Facts



## Properties

Glycemic Index:56.07, Glycemic Load:35.69, Inflammation Score:-9, Nutrition Score:28.799130066581%

## Flavonoids

Eriodictyol: 2.36mg, Eriodictyol: 2.36mg, Eriodictyol: 2.36mg, Eriodictyol: 2.36mg Hesperetin: 2.92mg, Hesperetin: 2.92mg, Hesperetin: 2.92mg, Hesperetin: 2.92mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

## Nutrients (% of daily need)

Calories: 527.58kcal (26.38%), Fat: 14.3g (22%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 55.91g (18.64%), Net Carbohydrates: 52.7g (19.16%), Sugar: 11.88g (13.2%), Cholesterol: 93.55mg (31.18%), Sodium: 998.12mg (43.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.3g (90.61%), Vitamin B3: 18.12mg (90.59%), Vitamin B6: 1.69mg (84.38%), Selenium: 46.04µg (65.78%), Vitamin K: 49.84µg (47.47%), Manganese: 0.94mg (46.9%), Phosphorus: 460.73mg (46.07%), Vitamin A: 1658.38IU (33.17%), Zinc: 3.95mg (26.31%), Potassium: 843.95mg (24.11%), Magnesium: 95.83mg (23.96%), Vitamin B5: 2.08mg (20.81%), Iron: 3.59mg (19.96%), Folate: 73.04µg (18.26%), Vitamin C: 14.2mg (17.21%), Vitamin B1: 0.24mg (16.29%), Vitamin B2: 0.27mg (15.96%), Vitamin B12: 0.91µg (15.18%), Vitamin E: 2.1mg (14.01%), Fiber: 3.21g (12.85%), Copper: 0.25mg (12.65%), Calcium: 59.19mg (5.92%), Vitamin D: 0.68µg (4.54%)