



HEALTH SCORE

72%

Turkey Stew with Peppers and Mushrooms



Gluten Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons olive oil extra virgin
- ☐ 1 large onion sliced
- ☐ 2 bell peppers of various colors sliced
- ☐ 2 large cloves garlic minced
- ☐ 3 dashes cayenne pepper
- ☐ 1 tablespoon paprika
- ☐ 1.5 pounds turkey thighs boneless skinless cut into large chunks
- ☐ 4 ounces mushrooms sliced

- ☐ 14 ounce canned tomatoes with juice canned
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon rosemary fresh minced
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 4 servings salt
- ☐ 2 teaspoons cornstarch
- ☐ 0.8 cup yogurt plain (full fat is best, anything less will likely curdle*)

Equipment

- ☐ frying pan

Directions

- ☐ Heat 2 tablespoons of the olive oil on high heat in a large sauté pan.
- ☐ Add the onions and peppers and sauté them until they begin to soften and lightly brown.
- ☐ Add the paprika, and the garlic and cook for 30 seconds more, until the garlic is fragrant.
- ☐ Remove the peppers, onions, and garlic from the pan and set aside.
- ☐ Heat the remaining 2 tablespoons of oil over high heat.
- ☐ Add the mushrooms and the turkey to the pan. Sear the mushrooms and turkey over high heat, stirring often, for 3–4 minutes, until the turkey and mushrooms begin to brown.
- ☐ Reduce the heat to medium, return the peppers-and-onion mixture to the pan and mix well.
- ☐ Add tomatoes, Worcestershire, lemon juice, rosemary, black pepper: Squeeze the tomatoes to break them up, and add them with their juices to the pan, along with the Worcestershire sauce, lemon juice, rosemary and black pepper.
- ☐ Mix well, reduce the heat to medium-low, cover the pan and simmer for 15–20 minutes.
- ☐ Add yogurt with cornstarch: Stir the cornstarch into the yogurt and add to stew. Cook over low heat (do not let simmer or boil), stirring occasionally, until sauce thickens a little.
- ☐ Serve with rice, polenta, or mashed potatoes.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:2.41, Inflammation Score:-10, Nutrition Score:33.143913048765%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg

Nutrients (% of daily need)

Calories: 473.29kcal (23.66%), Fat: 30.64g (47.14%), Saturated Fat: 7.62g (47.62%), Carbohydrates: 14.08g (4.69%), Net Carbohydrates: 11.01g (4%), Sugar: 7.58g (8.43%), Cholesterol: 111.43mg (37.14%), Sodium: 1020.9mg (44.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.91g (71.82%), Vitamin B12: 6.99µg (116.42%), Selenium: 72.38µg (103.4%), Vitamin C: 82.83mg (100.4%), Vitamin A: 3088.19IU (61.76%), Zinc: 7.73mg (51.53%), Vitamin B2: 0.79mg (46.27%), Phosphorus: 398.37mg (39.84%), Vitamin B6: 0.68mg (33.95%), Vitamin B3: 6.05mg (30.26%), Vitamin E: 3.74mg (24.92%), Potassium: 852.17mg (24.35%), Vitamin B5: 2.26mg (22.58%), Iron: 3.83mg (21.27%), Vitamin B1: 0.27mg (18.07%), Copper: 0.32mg (16%), Magnesium: 53.51mg (13.38%), Vitamin K: 13.82µg (13.17%), Fiber: 3.07g (12.26%), Folate: 47.06µg (11.77%), Manganese: 0.21mg (10.63%), Calcium: 96.24mg (9.62%)