



Turkey Vatapa

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 28 ounce canned tomatoes diced undrained canned
- ☐ 0.3 cup chop roasted peanuts unsalted
- ☐ 0.5 cup cilantro leaves fresh finely chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 0.5 cup parsley fresh finely chopped
- ☐ 3 garlic minced
- ☐ 1 jalapeno minced

- ☐ 12 ounce beer light canned
- ☐ 0.5 cup lite coconut milk light
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 cup onion finely chopped
- ☐ 1 teaspoon vegetable oil; peanut oil preferred
- ☐ 0.5 teaspoon salt
- ☐ 3 cups turkey cooked chopped
- ☐ 1 cup water

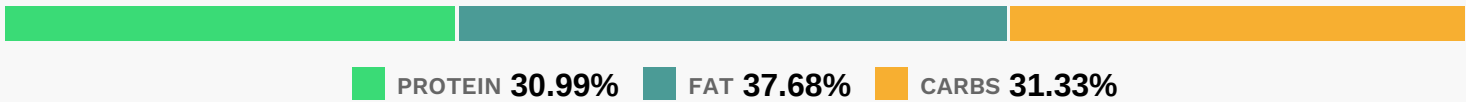
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add onion and garlic; saut 2 minutes.
- ☐ Add ginger and jalapeo; saut 30 seconds. Stir in water, tomatoes, and beer; bring to a boil. Cover, reduce heat, and simmer 20 minutes.
- ☐ Place peanuts in a spice or coffee grinder; process until finely ground.
- ☐ Add ground peanuts, turkey, and coconut milk to pan, stirring to combine. Increase heat to medium. Bring mixture to a simmer; cook 5 minutes, stirring occasionally. Stir in parsley, cilantro, juice, salt, and black pepper.
- ☐ Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:3.25, Inflammation Score:0, Nutrition Score:18.379565394443%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 197.65kcal (9.88%), Fat: 8.15g (12.54%), Saturated Fat: 2.51g (15.66%), Carbohydrates: 15.24g (5.08%), Net Carbohydrates: 11.6g (4.22%), Sugar: 7g (7.78%), Cholesterol: 35.78mg (11.93%), Sodium: 472.35mg (20.54%), Alcohol: 1.76g (100%), Alcohol %: 0.68% (100%), Protein: 15.08g (30.15%), Vitamin K: 93.95µg (89.48%), Vitamin B3: 6.68mg (33.41%), Vitamin B6: 0.6mg (29.94%), Vitamin C: 24.21mg (29.35%), Manganese: 0.46mg (23.24%), Potassium: 626.43mg (17.9%), Selenium: 12.51µg (17.88%), Phosphorus: 174.1mg (17.41%), Copper: 0.34mg (17.19%), Vitamin A: 851.16IU (17.02%), Vitamin E: 2.28mg (15.2%), Iron: 2.68mg (14.91%), Magnesium: 59.14mg (14.78%), Fiber: 3.64g (14.56%), Vitamin B2: 0.2mg (11.56%), Folate: 42.18µg (10.55%), Vitamin B12: 0.62µg (10.29%), Zinc: 1.54mg (10.24%), Vitamin B1: 0.15mg (10.12%), Vitamin B5: 0.94mg (9.43%), Calcium: 72.77mg (7.28%)