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Turkey Rice ••

Turkey Rice is a delicious and hearty dish that is perfect for a family dinner. It has a rich history and is often enjoyed during the holiday season. The dish is made with tender turkey meat, flavorful rice, and a blend of aromatic spices. It can be served as a main course or as a side dish.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 60 mins

Total Time: 80 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Turkey
250 g	Rice
100 g	onion
2 cloves	garlic

2 tbsp	olive oil
1 tsp	salt
1 tsp	black pepper
1 tsp	paprika
2 c	chicken broth
10 g	Parsley

Directions

Step 1

Sautéing

Heat olive oil in a large pot over medium heat. Add chopped onion and minced garlic. Cook until onion is translucent.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Sautéing

Add turkey pieces to the pot and cook until browned on all sides.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stirring

Add rice, salt, black pepper, and paprika to the pot. Stir well to coat the rice and turkey with the spices.

Prep Time: 2 mins

Cook Time: 2 mins

Step 4

Simmering

Pour chicken broth into the pot and bring to a boil. Reduce heat, cover, and simmer for 45 minutes or until the rice is cooked and the liquid is absorbed.

Prep Time: 0 mins

Cook Time: 45 mins

Step 5

Garnishing

Garnish with chopped parsley before serving.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 8 g

Protein: 15 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	300 mg	8.82%	11.54%
Zinc	8 mg	72.73%	100%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Dinner

Course

Breads

Salads

Soups

Snacks

Cultural

Chinese New Year

Passover

Thanksgiving

Halloween

Cost

Under \$10

Demographics

Kids Friendly

Senior Friendly

Difficulty Level

Medium

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