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Basic Turkey, Rice, and Broccoli

A simple and delicious recipe featuring roasted turkey, fluffy rice, and steamed broccoli. Perfect for a hearty and nutritious meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 60 mins

Total Time: 75 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Turkey
200 g	Rice
300 g	broccoli

Directions

Step 1

Oven

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 60 mins

Step 2

Oven

Place the turkey in a roasting pan and season with salt and pepper. Roast in the preheated oven for 1 hour, or until the internal temperature reaches 165°F (75°C).

Prep Time: 5 mins

Cook Time: 60 mins

Step 3

Stove

Meanwhile, cook the rice according to package instructions.

Prep Time: 5 mins

Cook Time: 15 mins

Step 4

Stove

Steam the broccoli until tender, about 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Slice the roasted turkey and serve with cooked rice and steamed broccoli.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 8 g

Protein: 25 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	8 g	28.57%	32%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
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	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Dinner

Snack

Course

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Difficulty Level

Medium

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