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Ground Turkey Sweet Potato Skillet

This delicious ground turkey sweet potato skillet is a hearty and healthy meal option. It combines lean ground turkey with nutritious sweet potatoes for a satisfying and flavorful dish. Perfect for a quick weeknight dinner or meal prep.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|-------------|----------------|
| 500 g | Ground Turkey |
| 500 g | Sweet Potatoes |
| 100 g | onion |
| 2 cloves | garlic |

| | |
|----------------|----------------|
| 2 tbsp | olive oil |
| 1 tsp | salt |
| 1 tsp | black pepper |
| 1 tsp | paprika |
| 0.5 tsp | cayenne pepper |
| 2 tbsp | fresh parsley |

Directions

Step 1

Stove

Heat olive oil in a large skillet over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add onion and garlic to the skillet and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Add ground turkey to the skillet and cook until browned.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Stove

Add sweet potatoes, salt, black pepper, paprika, and cayenne pepper to the skillet. Stir well to combine.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Stove

Cover the skillet and cook for 10-15 minutes, or until the sweet potatoes are tender.

Prep Time: 5 mins

Cook Time: 15 mins

Step 6

Garnish with fresh parsley and serve hot.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 25 g

Carbohydrates: 25 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 | 25 g | 45.45% | 50% |
| Fibers | 5 g | 13.16% | 20% |
| Sugars | 5 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 | 10 g | 35.71% | 40% |
| Cholesterol | 80 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A | 200 iu | 22.22% | 28.57% |
| Vitamin C | 30 mg | 33.33% | 40% |
| Vitamin B6 | 20 mg | 1538.46% | 1538.46% |
| Vitamin B12 | 40 mcg | 1666.67% | 1666.67% |
| Vitamin E | 10 mg | 66.67% | 66.67% |
| 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% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Iron | 15 mg | 187.5% | 83.33% |
| Potassium | 800 mg | 23.53% | 30.77% |
| Zinc | 15 mg | 136.36% | 187.5% |
| 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

Snack

Dinner

Course

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

Difficulty Level

Easy

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