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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



Heat olive oil in a large skillet over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2



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

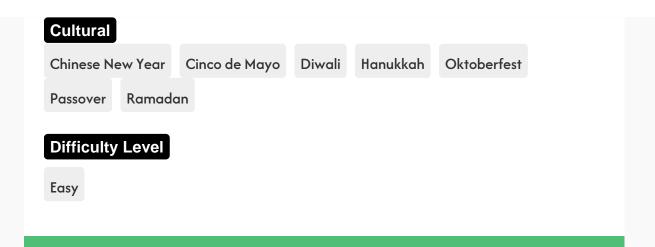
Anti-Inflammatory Diet

Meal Type

Breakfast Lunch Snack Dinner

Course

Drinks Salads Snacks Sauces & Dressings



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