

# Indian Meat + Peas

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-meat-recipe>

## Ingredients:

- 1 pound ground turkey
- 1/2 onion finely chopped
- 1 tablespoon minced garlic
- 2 tablespoons curry powder
- 1 teaspoon ginger fresh, grated
- 1 teaspoon turmeric
- 1 teaspoon iodized salt
- 10 ounces peas frozen, organic
- 3 cups basmati rice cooked

## Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 125 grams
3. Cholesterol: 90 milligrams
4. Fat: 11 grams
5. Fiber: 6 grams
6. Protein: 33 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 710 milligrams
9. Sugar: 5 grams

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