

Chinese Five Spice Ground Turkey Zucchini Noodles

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/spiralized-zucchini-recipe-chinese>

Ingredients:

- 1 tablespoon grape seed oil
- 1 pound ground turkey 93% lean
- 3 tablespoons gluten free soy sauce
- 2 teaspoons organic sugar
- 1 teaspoon five spice powder
- 2 teaspoons sesame oil
- salt
- pepper
- 1/4 cup water
- 8 cups zucchini noodles ~ 3-4 zucchini, depending on the size
- 2 teaspoons ginger minced
- 3 cloves garlic minced
- 1/2 teaspoon chili flakes red pepper

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 90 milligrams
4. Fat: 15 grams
5. Fiber: 4 grams
6. Protein: 24 grams
7. SaturatedFat: 3 grams
8. Sodium: 1030 milligrams
9. Sugar: 10 grams

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