

Korean Ground Turkey & Rice Bowls

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-ground-turkey-recipe>

Ingredients:

- 1 pound ground turkey
- 2 cups rice uncooked, white or brown
- 4 cloves garlic grated or minced
- 1/4 cup honey
- 1/4 cup soy sauce
- 2 teaspoons sesame oil
- 1/4 teaspoon ground ginger
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon ground black pepper
- green onion optional
- sesame seeds optional

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 90 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 23 grams
7. SaturatedFat: 3 grams
8. Sodium: 1010 milligrams
9. Sugar: 18 grams

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