



Asparagus-Turkey Pasta Toss

READY IN



25 min.

SERVINGS



2

CALORIES



505 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 ounces angel hair pasta uncooked
- 10 asparagus fresh cut into 1-inch pieces
- 1 tablespoon butter
- 0.5 teaspoon chicken soup base
- 1 tablespoon flour all-purpose
- 0.5 cup mushrooms fresh sliced
- 0.8 cup milk
- 3 tablespoons parmesan shredded
- 0.3 teaspoon pepper

- 0.1 teaspoon salt
- 0.3 cup swiss cheese shredded
- 1 cup turkey diced cooked

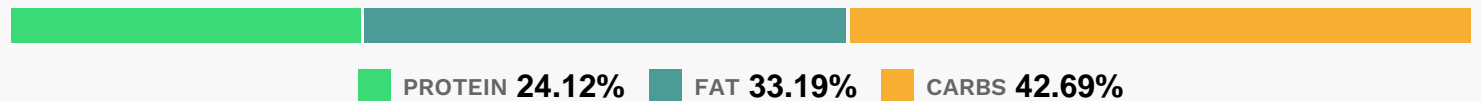
Equipment

- bowl
- sauce pan

Directions

- Cook pasta according to package directions. Meanwhile, in a small saucepan, melt butter. Stir in the flour, bouillon, pepper and salt until smooth; gradually add milk. Bring to a boil; cook and stir 2 minutes or until thickened. Reduce heat; add cheeses and stir until smooth.
- Stir in the turkey, asparagus and mushrooms. Cook until heated through.
- Drain pasta and place in a serving bowl.
- Pour sauce mixture over pasta; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:177.5, Glycemic Load:21.49, Inflammation Score:-8, Nutrition Score:25.068260897761%

Flavonoids

Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg

Nutrients (% of daily need)

Calories: 504.87kcal (25.24%), Fat: 18.68g (28.74%), Saturated Fat: 9.94g (62.13%), Carbohydrates: 54.05g (18.02%), Net Carbohydrates: 50.15g (18.24%), Sugar: 8.09g (8.99%), Cholesterol: 79.53mg (26.51%), Sodium: 551.61mg (23.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.53g (61.07%), Selenium: 59.48µg (84.96%), Phosphorus: 489.26mg (48.93%), Manganese: 0.73mg (36.4%), Calcium: 363.16mg (36.32%), Vitamin B3: 6.77mg (33.85%), Vitamin K: 34.84µg (33.18%), Vitamin B2: 0.55mg (32.4%), Vitamin B6: 0.55mg (27.56%), Vitamin B12: 1.62µg (27.02%), Zinc: 3.45mg (22.99%), Vitamin A: 1127.79IU (22.56%), Copper: 0.45mg (22.41%), Vitamin B1:

0.29mg (19.66%), Magnesium: 76.25mg (19.06%), Potassium: 640.01mg (18.29%), Iron: 3.28mg (18.23%), Folate: 68.38µg (17.09%), Vitamin B5: 1.69mg (16.9%), Fiber: 3.9g (15.6%), Vitamin E: 1.33mg (8.84%), Vitamin D: 1.24µg (8.27%), Vitamin C: 4.99mg (6.05%)