



Black Beans and Fettuccine with Turkey

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



811 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 lb bite-size pieces boned cooked
- ☐ 30 oz black beans rinsed drained canned
- ☐ 10 oz corn kernels frozen
- ☐ 3 cups fat-skimmed chicken broth
- ☐ 1 pound fettuccine barilla dried
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup juice of lime

- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup orange juice
- ☐ 1 cup bell pepper red chopped
- ☐ 2 cups purchased tomato salsa
- ☐ 6 servings salt and pepper

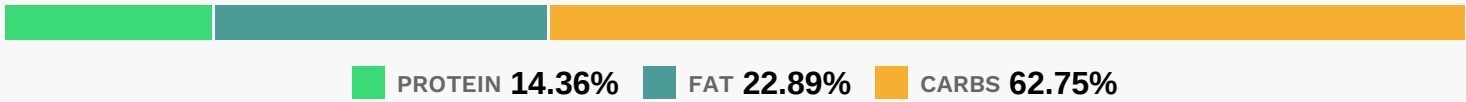
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ In an 8- to 10-quart pan over high heat, stir bell pepper, onion, garlic, and oil until onion is limp, about 5 minutes.
- ☐ Add broth, 1 cup water, and fettuccine. Stir often until pasta is just firm to bite, 8 to 10 minutes.
- ☐ Add corn, beans, turkey, and salsa. Stir until soup is simmering, about 3 minutes.
- ☐ Mix in cilantro, lime juice, and orange juice. Ladle into bowls and add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:44.83, Glycemic Load:41.17, Inflammation Score:-9, Nutrition Score:36.504781961441%

Flavonoids

Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Hesperetin: 4.28mg, Hesperetin: 4.28mg, Hesperetin: 4.28mg, Hesperetin: 4.28mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 810.97kcal (40.55%), Fat: 21.25g (32.69%), Saturated Fat: 10.78g (67.38%), Carbohydrates: 131.04g (43.68%), Net Carbohydrates: 113.63g (41.32%), Sugar: 40.86g (45.4%), Cholesterol: 63.5mg (21.17%), Sodium: 1996.55mg (86.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30g (59.99%), Selenium: 65.72µg (93.88%), Manganese: 1.84mg (91.95%), Fiber: 17.41g (69.64%), Vitamin C: 56.06mg (67.95%), Phosphorus: 533.43mg (53.34%), Folate: 184.69µg (46.17%), Magnesium: 172.43mg (43.11%), Copper: 0.85mg (42.64%), Vitamin B3: 8.37mg (41.85%), Potassium: 1292.43mg (36.93%), Vitamin B1: 0.53mg (35.39%), Vitamin B6: 0.61mg (30.41%), Iron: 5.31mg (29.49%), Vitamin B2: 0.49mg (29.04%), Vitamin A: 1409.08IU (28.18%), Zinc: 3.35mg (22.31%), Vitamin B5: 1.95mg (19.48%), Vitamin E: 2.76mg (18.39%), Calcium: 158.17mg (15.82%), Vitamin K: 14.33µg (13.65%), Vitamin B12: 0.51µg (8.48%), Vitamin D: 0.23µg (1.51%)