



Cheesy Turkey Tetrazzini

 Dairy Free

READY IN



54 min.

SERVINGS



8

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 10.8 ounce condensed cheddar cheese soup undiluted canned
- ☐ 10.8 ounce condensed undiluted reduced-fat reduced-sodium canned
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 bell pepper green chopped
- ☐ 1.5 cups pre mushrooms chopped
- ☐ 1.5 teaspoons olive oil
- ☐ 0.5 cup onion finely chopped

- ☐ 0.3 cup bottled roasted bell peppers red chopped
- ☐ 8 ounces pasta like spaghetti uncooked
- ☐ 14 ounces oven-roasted turkey breast coarsely chopped

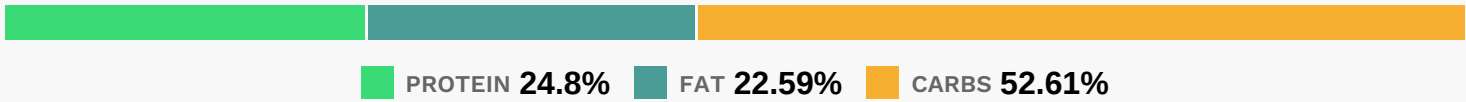
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add green bell pepper, mushrooms, and onion. Saut 5 minutes or until tender.
- ☐ Combine cooked pasta, green bell pepper mixture, turkey, and next 5 ingredients in a large bowl. Spoon mixture into an 11 x 7- inch baking dish coated with cooking spray.
- ☐ Cover and bake at 350 for 15 minutes. Uncover and bake an additional 10 minutes.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:10.08, Inflammation Score:-5, Nutrition Score:11.040000057739%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 237.63kcal (11.88%), Fat: 5.95g (9.15%), Saturated Fat: 1.75g (10.93%), Carbohydrates: 31.18g (10.39%), Net Carbohydrates: 29.28g (10.65%), Sugar: 3.09g (3.43%), Cholesterol: 29.87mg (9.96%), Sodium: 1041.69mg (45.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.7g (29.4%), Selenium: 26.93µg (38.47%), Vitamin B3: 5.89mg (29.45%), Phosphorus: 215.51mg (21.55%), Vitamin C: 15.81mg (19.17%), Manganese: 0.35mg (17.6%), Vitamin B6: 0.33mg (16.67%), Potassium: 540.54mg (15.44%), Vitamin K: 11.48µg (10.94%), Copper: 0.22mg (10.94%), Vitamin B5: 0.98mg (9.8%), Vitamin B2: 0.15mg (8.88%), Magnesium: 34.39mg (8.6%), Fiber: 1.9g (7.6%), Vitamin A: 347.77IU (6.96%), Iron: 1.2mg (6.69%), Zinc: 0.91mg (6.05%), Vitamin B1: 0.08mg (5.57%), Folate: 17.26µg (4.31%), Vitamin E: 0.57mg (3.78%), Calcium: 36.03mg (3.6%), Vitamin B12: 0.08µg (1.28%)