



## Cheesy Turkey with Pasta

READY IN



30 min.

SERVINGS



6

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter
- 1 ounce onion soup mix dry
- 0.3 cup flour all-purpose
- 1 teaspoon garlic crushed
- 0.3 cup monterrey jack cheese shredded
- 0.5 cup pasta sauce
- 16 ounce rigatoni
- 6 servings salt and pepper to taste
- 0.3 cup sharp cheddar cheese shredded

- 1 pound turkey breast cubed cooked
- 1 cup turkey stock
- 1 cup water

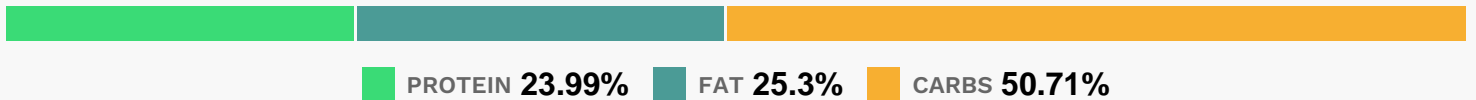
## Equipment

- frying pan
- sauce pan
- pot

## Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- In a large saucepan or deep skillet, melt the butter over low to medium heat; blend in flour. Slowly add turkey stock, pasta sauce, and water.
- Mix well. Stir in onion soup mix and garlic; season with salt and pepper.
- Sprinkle in the Monterey Jack, Cheddar cheese and turkey. Stir until the cheese is melted and the meat is heated through. Spoon sauce over pasta and serve.

## Nutrition Facts



## Properties

Glycemic Index:49.33, Glycemic Load:26.02, Inflammation Score:-6, Nutrition Score:19.668260802393%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 526.31kcal (26.32%), Fat: 14.71g (22.63%), Saturated Fat: 7.84g (49.01%), Carbohydrates: 66.34g (22.11%), Net Carbohydrates: 63.15g (22.96%), Sugar: 3.7g (4.11%), Cholesterol: 74.21mg (24.74%), Sodium: 1028.38mg (44.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.39g (62.77%), Selenium: 70.78µg (101.12%), Vitamin B3: 10.01mg (50.03%), Phosphorus: 412.71mg (41.27%), Manganese: 0.8mg (39.87%), Vitamin B6: 0.78mg (39.14%),

Magnesium: 71.69mg (17.92%), Zinc: 2.68mg (17.84%), Vitamin B2: 0.3mg (17.43%), Copper: 0.34mg (16.94%), Potassium: 507.45mg (14.5%), Calcium: 133.73mg (13.37%), Fiber: 3.19g (12.75%), Vitamin B1: 0.17mg (11.33%), Iron: 2.04mg (11.32%), Vitamin B5: 1.09mg (10.9%), Vitamin B12: 0.61µg (10.18%), Vitamin A: 453IU (9.06%), Folate: 34.99µg (8.75%), Vitamin E: 0.73mg (4.85%), Vitamin C: 1.82mg (2.21%), Vitamin K: 1.79µg (1.7%), Vitamin D: 0.15µg (1.01%)