



Chipotle Fettuccine with Smoked Turkey

READY IN



100 min.

SERVINGS



6

CALORIES



349 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 2 eggs
- ☐ 1 chipotles in adobo canned finely chopped
- ☐ 1.5 cups corn whole
- ☐ 0.5 cup water
- ☐ 0.3 cup onion chopped
- ☐ 2 tablespoons butter

- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup milk
- ☐ 12 oz turkey breast smoked
- ☐ 0.5 cup frangelico

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ pasta machine

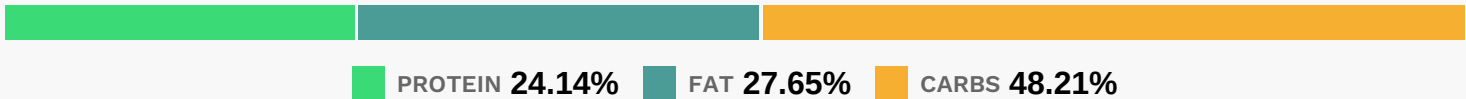
Directions

- ☐ In large bowl, mix flour and salt; make well in center. In small bowl, beat oil, eggs and chiles; pour into well. Stir with fork, gradually bringing flour mixture to center, until dough forms and rounds into a ball. If dough is too dry, mix in up to 2 tablespoons water.
- ☐ Roll and cut as directed below. (Use additional flour when rolling and cutting noodles.)
- ☐ Place fettuccine strips on towel; let stand 30 minutes.
- ☐ Hand
- ☐ Rolling Method: On lightly floured surface, knead dough about 5 minutes or until smooth and elastic. Divide into 4 equal parts.
- ☐ Roll dough, 1 part at a time, into 14x10-inch paper-thin rectangle (keep remaining dough covered). Loosely fold rectangle lengthwise into thirds; cut crosswise into 1/4-inch strips. Unfold and separate strips.
- ☐ Manual Pasta Machine Method: On lightly floured surface, knead dough about 4 minutes or until smooth and elastic. Divide dough into 4 equal parts. Feed dough, 1 part at a time through smooth rollers set at widest setting (keep remaining dough covered).
- ☐ Sprinkle with flour if dough becomes sticky. Fold lengthwise into thirds. Repeat feeding dough through rollers and folding into thirds 8 to 10 times or until dough is firm and smooth. Feed

dough through progressively narrow settings until dough is paper thin. (Dough will lengthen as it becomes thinner; it may be cut crosswise at any time for easier handling.) Feed through fettuccine cutting rollers.

- ☐ In 2-quart saucepan, heat corn, water and onion to boiling; reduce heat. Cover and simmer 5 minutes.
- ☐ Pour into food processor or blender. Cover and process until almost smooth.
- ☐ In 2-quart saucepan, melt butter over low heat. Stir in flour, salt and pepper. Cook over low heat, stirring constantly, until smooth and bubbly; remove from heat. Stir in corn mixture, milk, half-and-half and turkey.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute.
- ☐ Break fettuccine into desired size pieces. In 4-quart saucepan, cook fettuccine in 3 quarts boiling salted water (1 tablespoon salt) 8 to 10 minutes or until tender; drain. Toss with turkey mixture.

Nutrition Facts



Properties

Glycemic Index:41.17, Glycemic Load:25.25, Inflammation Score:-5, Nutrition Score:15.067825965259%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 349.29kcal (17.46%), Fat: 10.64g (16.37%), Saturated Fat: 2.66g (16.62%), Carbohydrates: 41.73g (13.91%), Net Carbohydrates: 40.15g (14.6%), Sugar: 2.61g (2.9%), Cholesterol: 90.06mg (30.02%), Sodium: 647.97mg (28.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.9g (41.8%), Selenium: 33.16µg (47.37%), Vitamin B3: 8.59mg (42.95%), Phosphorus: 270.14mg (27.01%), Vitamin B1: 0.4mg (26.89%), Folate: 103.89µg (25.97%), Vitamin B6: 0.52mg (25.86%), Vitamin B2: 0.43mg (25.46%), Manganese: 0.35mg (17.61%), Iron: 2.78mg (15.45%), Vitamin B12: 0.71µg (11.87%), Vitamin B5: 1.02mg (10.23%), Zinc: 1.52mg (10.15%), Potassium: 322.09mg (9.2%), Magnesium: 35.81mg (8.95%), Calcium: 77.68mg (7.77%), Vitamin A: 324.06IU (6.48%), Fiber: 1.58g (6.31%), Copper: 0.12mg (6.14%), Vitamin D: 0.8µg (5.32%), Vitamin K: 4.63µg (4.41%), Vitamin E: 0.57mg (3.78%), Vitamin C: 1.14mg (1.38%)