



Creamy Blush Sauce with Turkey and Penne

READY IN



440 min.

SERVINGS



8

CALORIES



292 kcal

SAUCE

Ingredients

- 8 servings penne rigate hot cooked
- 0.5 teaspoon pepper red crushed
- 0.5 cup half and half
- 8 servings parmesan cheese grated
- 25.8 ounce hot sauce green italian prego®
- 4 turkey thighs skinless

Equipment

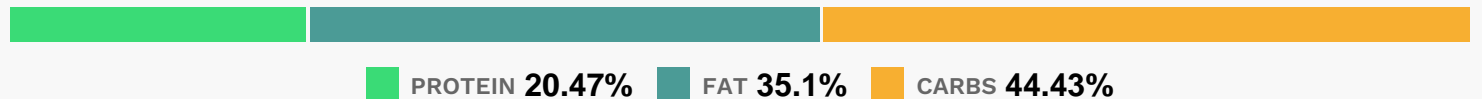
- slow cooker

cutting board

Directions

- Place the turkey into a 3 1/2- to 5-quart slow cooker.
- Pour the sauce over the turkey and sprinkle with the red pepper.
- Cover and cook on LOW for 7 to 8 hours* or until the turkey is cooked through.
- Remove the turkey from the cooker to a cutting board.
- Let stand for 10 minutes.
- Remove the turkey meat from the bones.
- Stir the turkey meat and the half-and-half into the cooker. Spoon the turkey mixture over the pasta.
- Sprinkle with the cheese.

Nutrition Facts



Properties

Glycemic Index:6.06, Glycemic Load:11.98, Inflammation Score:-6, Nutrition Score:13.82608703945%

Nutrients (% of daily need)

Calories: 291.59kcal (14.58%), Fat: 11.33g (17.43%), Saturated Fat: 5.93g (37.04%), Carbohydrates: 32.26g (10.75%), Net Carbohydrates: 30.41g (11.06%), Sugar: 2.28g (2.53%), Cholesterol: 31.7mg (10.57%), Sodium: 2951.05mg (128.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.86g (29.72%), Vitamin C: 68.39mg (82.9%), Selenium: 33.65µg (48.07%), Calcium: 295.09mg (29.51%), Phosphorus: 265.14mg (26.51%), Manganese: 0.35mg (17.31%), Vitamin B2: 0.23mg (13.37%), Zinc: 1.92mg (12.78%), Vitamin B6: 0.22mg (11.02%), Vitamin A: 497.93IU (9.96%), Iron: 1.7mg (9.43%), Magnesium: 32.15mg (8.04%), Vitamin B12: 0.45µg (7.56%), Fiber: 1.85g (7.39%), Potassium: 247.61mg (7.07%), Copper: 0.13mg (6.28%), Vitamin B1: 0.06mg (4.22%), Folate: 13.72µg (3.43%), Vitamin B5: 0.34mg (3.42%), Vitamin B3: 0.64mg (3.19%), Vitamin K: 3.03µg (2.88%), Vitamin E: 0.4mg (2.66%)