



Creamy Turkey Mushroom Stroganoff

READY IN



30 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz extra wide egg noodles
- ☐ 1 lb pd of ground turkey
- ☐ 8 oz mushrooms fresh sliced (3 cups)
- ☐ 1 medium onion chopped
- ☐ 1 clove garlic finely chopped
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 12 oz broccoli frozen
- ☐ 1 cup chicken broth

- ☐ 2 tablespoons catsup
- ☐ 2 teaspoons worcestershire sauce
- ☐ 1 tablespoon cornstarch
- ☐ 12 oz yogurt plain fat free

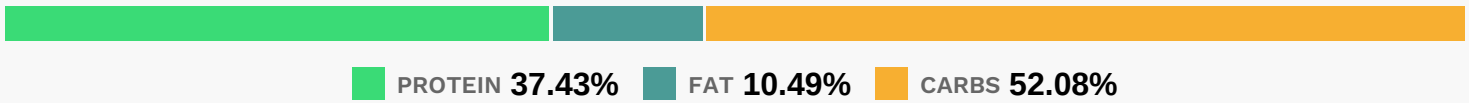
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook and drain pasta as directed on package.
- ☐ Meanwhile, in large nonstick skillet, cook turkey, mushrooms, onion, garlic, salt and pepper over medium-high heat 5 to 7 minutes, stirring frequently, until turkey is thoroughly cooked; drain.
- ☐ Add broccoli and 3/4 cup chicken broth. Cook and stir about 5 minutes longer.
- ☐ In small bowl, stir 1/4 cup chicken broth, ketchup, Worcestershire sauce and cornstarch until blended; stir into turkey mixture. Cook, stirring frequently, until sauce thickens and boils.
- ☐ Remove skillet from heat, stir in yogurt.
- ☐ Serve over hot cooked noodles.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:19.12, Inflammation Score:-8, Nutrition Score:38.71782601398%

Flavonoids

Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 6.85mg, Kaempferol: 6.85mg, Kaempferol: 6.85mg, Kaempferol: 6.85mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg

Nutrients (% of daily need)

Calories: 467.21kcal (23.36%), Fat: 5.56g (8.55%), Saturated Fat: 1.47g (9.18%), Carbohydrates: 62.05g (20.68%), Net Carbohydrates: 56.84g (20.67%), Sugar: 13.49g (14.99%), Cholesterol: 112.87mg (37.62%), Sodium: 1073.92mg (46.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.6g (89.21%), Selenium: 80.81µg (115.44%), Vitamin C: 80.79mg (97.92%), Vitamin K: 87.79µg (83.61%), Vitamin B3: 15.19mg (75.95%), Vitamin B6: 1.4mg (70.08%), Phosphorus: 648.16mg (64.82%), Vitamin B2: 0.76mg (44.47%), Manganese: 0.8mg (40.1%), Potassium: 1239.45mg (35.41%), Vitamin B5: 3.45mg (34.45%), Zinc: 4.67mg (31.15%), Magnesium: 110.07mg (27.52%), Folate: 105.12µg (26.28%), Copper: 0.51mg (25.31%), Calcium: 249.49mg (24.95%), Vitamin B1: 0.34mg (22.89%), Vitamin B12: 1.3µg (21.6%), Fiber: 5.2g (20.82%), Iron: 3.25mg (18.08%), Vitamin A: 642.63IU (12.85%), Vitamin E: 1.1mg (7.34%), Vitamin D: 0.74µg (4.91%)