



Easy Turkey and Noodles Skillet

READY IN



25 min.

SERVINGS



4

CALORIES



381 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 1.5 cups extra wide egg noodles uncooked
- 1 teaspoon penzey's southwest seasoning italian
- 0.5 cup milk
- 0.5 cup onion chopped
- 1 cup valley peas fresh sweet green frozen giant® steamers®
- 4 servings coarsely cream and onion potato chips sour crushed
- 2 cups turkey cubed cooked

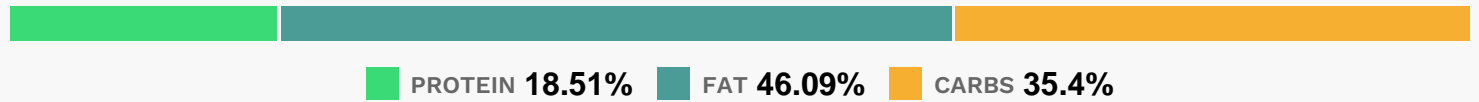
Equipment

- frying pan

Directions

- In 10-inch skillet, melt butter over medium-high heat. Cook onion in butter 4 to 6 minutes, stirring frequently, just until tender.
- Stir in all remaining ingredients except turkey and potato chips.
- Heat to boiling. Reduce heat; cover and simmer 10 minutes, stirring occasionally.
- Add turkey. Cover and continue to cook 5 to 8 minutes, stirring occasionally, until noodles are tender.
- Sprinkle with potato chips.

Nutrition Facts



Properties

Glycemic Index:39.58, Glycemic Load:6.62, Inflammation Score:-7, Nutrition Score:17.08043465407%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 381.07kcal (19.05%), Fat: 19.75g (30.39%), Saturated Fat: 3.62g (22.65%), Carbohydrates: 34.14g (11.38%), Net Carbohydrates: 30.18g (10.98%), Sugar: 4.78g (5.31%), Cholesterol: 51.41mg (17.14%), Sodium: 286.55mg (12.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.86g (35.71%), Selenium: 23.87µg (34.1%), Vitamin B3: 6.26mg (31.31%), Vitamin B6: 0.59mg (29.34%), Vitamin C: 22.05mg (26.73%), Manganese: 0.51mg (25.72%), Phosphorus: 246.24mg (24.62%), Vitamin E: 3.38mg (22.56%), Vitamin B5: 1.94mg (19.37%), Potassium: 654.74mg (18.71%), Vitamin K: 18.53µg (17.65%), Fiber: 3.96g (15.83%), Vitamin B1: 0.23mg (15.47%), Magnesium: 57.51mg (14.38%), Zinc: 2.09mg (13.9%), Vitamin B12: 0.82µg (13.66%), Vitamin B2: 0.23mg (13.53%), Vitamin A: 622.68IU (12.45%), Folate: 44.35µg (11.09%), Copper: 0.22mg (11.06%), Iron: 1.82mg (10.09%), Calcium: 77.6mg (7.76%), Vitamin D: 0.53µg (3.52%)