



Egg Noodles with Turkey, Bacon, and Rosemary

READY IN



45 min.

SERVINGS



4

CALORIES



504 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 pound bacon sliced
- ☐ 1 tablespoon butter at room temperature
- ☐ 0.5 cup chicken broth low-sodium homemade canned
- ☐ 0.8 teaspoon rosemary dried crumbled
- ☐ 0.5 teaspoon pepper black
- ☐ 0.8 teaspoon salt
- ☐ 10 ounce pkt spinach
- ☐ 1 pound turkey breast cutlets cut into 1/2-by-1 1/2-inch strips

- ☐ 0.5 pound extra wide egg noodles

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ In a large frying pan, cook the bacon, stirring occasionally, until golden brown and just crisp, about 5 minutes.
- ☐ Remove and drain on paper towels.
- ☐ Pour off all but 2 tablespoons of the fat from the pan.
- ☐ Heat the remaining bacon fat over moderately high heat.
- ☐ Sprinkle the turkey with 1/4 teaspoon each of the salt and pepper.
- ☐ Add the turkey to the pan, in two batches if necessary, and cook, stirring frequently, until golden brown and just cooked through, about 3 minutes.
- ☐ Transfer to a plate.
- ☐ Remove any tough stems from the spinach.
- ☐ Add the broth, rosemary, and the remaining 1/2 teaspoon salt to the pan and bring to a simmer, stirring to dislodge any brown bits that cling to the bottom of the pan.
- ☐ Add the spinach and cook, stirring, just until wilted, 1 to 2 minutes.
- ☐ In a large pot of boiling, salted water, cook the noodles until just done, about 3 minutes.
- ☐ Drain.
- ☐ Add the noodles, butter, and the remaining 1/4 teaspoon pepper to the frying pan and stir until the butter melts. Stir in the turkey with any accumulated juices and the bacon.
- ☐ Wine Recommendation: The rosemary in this dish will go well with a light French red wine, such as a Ctes-du-Rhne. Or try a moderately priced California cabernet sauvignon.

Nutrition Facts



 **PROTEIN 33.82%**  **FAT 31.38%**  **CARBS 34.8%**

Properties

Glycemic Index:57, Glycemic Load:17.32, Inflammation Score:-10, Nutrition Score:26.724782720856%

Flavonoids

Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 504.08kcal (25.2%), Fat: 17.58g (27.05%), Saturated Fat: 6.34g (39.62%), Carbohydrates: 43.87g (14.62%), Net Carbohydrates: 40.37g (14.68%), Sugar: 1.41g (1.56%), Cholesterol: 144.74mg (48.25%), Sodium: 775.18mg (33.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.63g (85.26%), Vitamin K: 343.26µg (326.91%), Vitamin A: 6780.9IU (135.62%), Selenium: 51.14µg (73.05%), Manganese: 1.16mg (57.85%), Folate: 154.14µg (38.54%), Vitamin C: 19.93mg (24.15%), Magnesium: 93.12mg (23.28%), Phosphorus: 222.29mg (22.23%), Iron: 3.39mg (18.84%), Potassium: 619.76mg (17.71%), Vitamin B6: 0.34mg (17.01%), Vitamin B3: 3.25mg (16.26%), Vitamin B1: 0.23mg (15.36%), Copper: 0.29mg (14.56%), Fiber: 3.5g (14.01%), Vitamin B2: 0.22mg (12.85%), Vitamin E: 1.85mg (12.36%), Zinc: 1.84mg (12.24%), Calcium: 95.06mg (9.51%), Vitamin B5: 0.73mg (7.28%), Vitamin B12: 0.34µg (5.69%), Vitamin D: 0.28µg (1.89%)