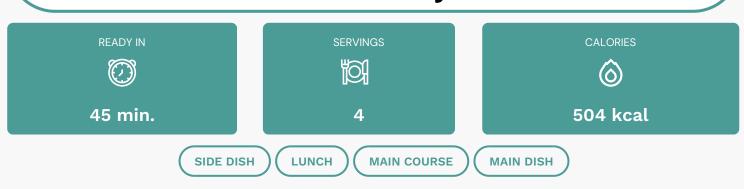


Egg Noodles with Turkey, Bacon, and Rosemary



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-11/2-inch strips

Ш	0.5 pound extra wide egg noodies	
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

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, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 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 %: O% (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%)