



## Fettuccine with Turkey and Brandied Mushrooms

READY IN



45 min.

SERVINGS



4

CALORIES



555 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.3 cup brandy
- ☐ 2 tablespoons butter
- ☐ 1 cup chicken broth low-sodium homemade canned
- ☐ 1 tablespoon cooking oil
- ☐ 0.5 pound fettuccine barilla
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 0.3 cup heavy cream

- ☐ 1 pound mushrooms cut into thin slices
- ☐ 1.3 teaspoons salt
- ☐ 2 scallions white green chopped
- ☐ 1 pound turkey cutlets ( 3)

## Equipment


- ☐ frying pan
- ☐ pot

## Directions

- ☐ In a large nonstick frying pan, heat the oil over moderately high heat. Season the turkey cutlets with 1/4 teaspoon each of the salt and pepper. Cook the cutlets until they are almost done, about 1 minute per side.
- ☐ Remove the cutlets from the pan, let cool, and then cut them into thin strips.
- ☐ Melt the butter in the same pan over moderate heat.
- ☐ Add the white part of the scallions, the mushrooms, 1/2 teaspoon of the salt, and the remaining 1/4 teaspoon pepper. Cook, stirring occasionally, until the mushrooms let off their liquid and it evaporates, about 5 minutes.
- ☐ Add the brandy and cook until almost no liquid remains in the pan, about 2 minutes more.
- ☐ Add 1/2 cup of broth and simmer until almost completely evaporated, about 4 minutes.
- ☐ In a large pot of boiling, salted water, cook the fettuccine until almost done, about 7 minutes.
- ☐ Drain the pasta and then add it to the mushrooms.
- ☐ Add the remaining 1/2 cup broth, the cream, the scallion tops, the remaining 1/2 teaspoon salt, and the turkey strips. Simmer until the turkey is just done, about 1 minute longer. Top with the parsley.
- ☐ Menu Suggestion: A simple side dish of boiled or sauted green beans is all that's needed.
- ☐ Wine Recommendation: A rich, oaky chardonnay will be ideal with the brandy and cream here. Good possibilities are those produced in Washington State, California, and Australia.

## Nutrition Facts



 PROTEIN **32.36%**  FAT **32.01%**  CARBS **35.63%**

Properties

Glycemic Index:59.25, Glycemic Load:17.92, Inflammation Score:-6, Nutrition Score:19.32695641725%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 554.62kcal (27.73%), Fat: 18.35g (28.23%), Saturated Fat: 8.12g (50.73%), Carbohydrates: 45.97g (15.32%), Net Carbohydrates: 42.68g (15.52%), Sugar: 3.98g (4.43%), Cholesterol: 150.36mg (50.12%), Sodium: 865.51mg (37.63%), Alcohol: 6.68g (100%), Alcohol %: 2.13% (100%), Protein: 41.74g (83.48%), Selenium: 55.79µg (79.7%), Vitamin K: 49.37µg (47.02%), Vitamin B2: 0.56mg (33.11%), Vitamin B3: 6.17mg (30.84%), Manganese: 0.59mg (29.42%), Copper: 0.58mg (28.84%), Phosphorus: 266.75mg (26.67%), Vitamin B5: 2.28mg (22.76%), Potassium: 597.02mg (17.06%), Vitamin B1: 0.2mg (13.2%), Vitamin A: 658.41IU (13.17%), Fiber: 3.29g (13.16%), Vitamin B6: 0.26mg (12.91%), Iron: 2.22mg (12.32%), Zinc: 1.84mg (12.25%), Magnesium: 47.51mg (11.88%), Folate: 43.45µg (10.86%), Vitamin E: 1.18mg (7.89%), Vitamin C: 6.26mg (7.59%), Vitamin B12: 0.3µg (5.07%), Calcium: 45.74mg (4.57%), Vitamin D: 0.63µg (4.23%)