



Great Goulash: Ground Turkey Paprikash and Macaroni

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



436 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings bell pepper black
- ☐ 1 tablespoon butter
- ☐ 1 cup chicken stock see
- ☐ 2 tablespoons optional: dill chopped
- ☐ 1 teaspoon marjoram dried
- ☐ 0.5 pound elbow macaroni
- ☐ 2 tablespoons flat-leaf parsley chopped

- ☐ 2 cloves garlic chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 medium onion chopped
- ☐ 1 bell pepper red seeded chopped
- ☐ 4 servings salt
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 2 tablespoons paprika sweet

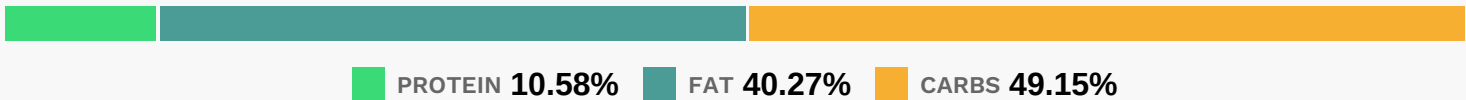
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a pot of water to boil for pasta. When it comes to a boil, add pasta and salt to season the cooking water. Cook pasta 6 minutes to al dente.
- ☐ While water comes to a boil and pasta cooks, heat a deep skillet over medium high heat.
- ☐ Add extra-virgin olive oil then butter then ground meat. Break up meat and crumble, 2 to 3 minutes.
- ☐ Add garlic, onions, red bell peppers and seasonings to the turkey. Cook 5 or 6 minutes then add chicken stock and sour cream to the pan. Bring to a bubble and reduce heat to low.
- ☐ Add cooked pasta and stir.
- ☐ Let pasta absorb some sauce, a minute or so. Adjust seasonings and serve.
- ☐ Garnish the prepared dish with chopped parsley and dill.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:1.22, Inflammation Score:-10, Nutrition Score:19.671304485072%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 435.68kcal (21.78%), Fat: 19.78g (30.43%), Saturated Fat: 8.56g (53.48%), Carbohydrates: 54.31g (18.1%), Net Carbohydrates: 49.99g (18.18%), Sugar: 7.25g (8.05%), Cholesterol: 43.25mg (14.42%), Sodium: 330.44mg (14.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.69g (23.39%), Vitamin A: 3296.37IU (65.93%), Selenium: 39.95µg (57.07%), Vitamin C: 44.13mg (53.49%), Vitamin K: 40.94µg (38.99%), Manganese: 0.71mg (35.64%), Phosphorus: 200.92mg (20.09%), Vitamin B6: 0.36mg (17.94%), Fiber: 4.32g (17.27%), Vitamin E: 2.41mg (16.08%), Vitamin B2: 0.26mg (15.57%), Magnesium: 54.4mg (13.6%), Potassium: 474.17mg (13.55%), Vitamin B3: 2.71mg (13.53%), Iron: 2.38mg (13.2%), Copper: 0.26mg (13.06%), Folate: 40.91µg (10.23%), Calcium: 100.69mg (10.07%), Zinc: 1.42mg (9.44%), Vitamin B1: 0.13mg (8.81%), Vitamin B5: 0.68mg (6.77%), Vitamin B12: 0.13µg (2.11%)