



Ground Turkey Noodle Bake

READY IN



50 min.

SERVINGS



6

CALORIES



321 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce tomato sauce canned
- 4 ounces cream cheese
- 1 tablespoon parsley fresh minced
- 1 clove garlic minced
- 1 pound pd of ground turkey
- 1 teaspoon penzey's southwest seasoning italian
- 0.5 cup milk
- 1 onion chopped
- 1.3 cups part-skim mozzarella cheese shredded

3 cups wide egg noodles

Equipment

frying pan

sauce pan

oven

pot

baking pan

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease an 8-inch square baking dish.

Bring a large pot of lightly salted water to a boil. Cook egg noodles in boiling water, stirring occasionally until cooked through but firm to the bite, about 5 minutes; drain.

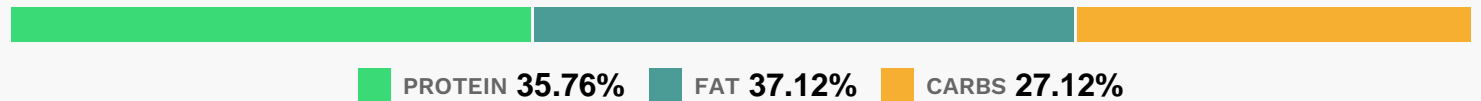
Heat a large skillet over medium-high heat and stir in turkey and onion. Cook and stir until turkey mixture is crumbly, evenly browned, and no longer pink, about 10 minutes; drain. Stir in tomato sauce and Italian seasoning; bring to a boil. Reduce heat to low, cover, and simmer for 10 minutes.

Combine milk, cream cheese, parsley, and garlic in a small saucepan. Cook and stir over medium heat until cream cheese is melted, about 5 minutes.

Toss noodles with cream cheese mixture; transfer to prepared baking dish. Top with turkey mixture and sprinkle with mozzarella cheese.

Bake in preheated oven until cheese is melted, 15 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:41.33, Glycemic Load:7.98, Inflammation Score:-7, Nutrition Score:17.769999897998%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin:

0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 321.46kcal (16.07%), Fat: 13.44g (20.67%), Saturated Fat: 7.19g (44.95%), Carbohydrates: 22.09g (7.36%), Net Carbohydrates: 19.92g (7.24%), Sugar: 5.63g (6.26%), Cholesterol: 94mg (31.33%), Sodium: 591.27mg (25.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.13g (58.27%), Selenium: 37.65µg (53.79%), Vitamin B3: 8.55mg (42.76%), Vitamin B6: 0.83mg (41.5%), Phosphorus: 392.29mg (39.23%), Calcium: 256.01mg (25.6%), Zinc: 2.73mg (18.17%), Vitamin B2: 0.29mg (17.22%), Potassium: 591.58mg (16.9%), Vitamin A: 798.8IU (15.98%), Vitamin K: 16µg (15.24%), Manganese: 0.3mg (14.89%), Magnesium: 56.27mg (14.07%), Vitamin B12: 0.78µg (13.06%), Vitamin B5: 1.29mg (12.91%), Iron: 1.91mg (10.59%), Copper: 0.2mg (10.15%), Vitamin E: 1.42mg (9.46%), Vitamin C: 7.37mg (8.93%), Fiber: 2.18g (8.7%), Vitamin B1: 0.13mg (8.45%), Folate: 27.04µg (6.76%), Vitamin D: 0.65µg (4.35%)