






 **17%**
HEALTH SCORE

Ground Turkey Stroganoff

READY IN

20 min.

SERVINGS

4

CALORIES

413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

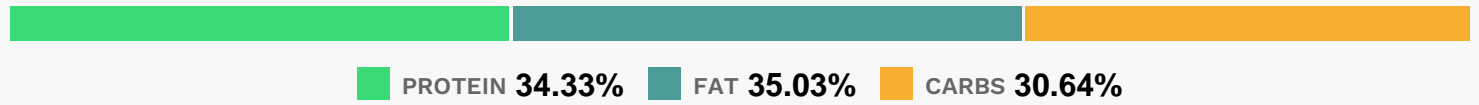
Ingredients

- 4 servings egg noodles hot cooked
- 1.8 ounce cream of mushroom soup canned
- 1 teaspoon garlic powder
- 1 lb pd of ground turkey
- 0.3 cup milk
- 1 cup mushrooms sliced
- 1 cup mushrooms sliced
- 1 small onion diced finely
- 0.5 cup peas

- 0.5 teaspoon pepper
- 0.5 teaspoon salt
- 1 cup cream sour

Equipment

Nutrition Facts



Properties

Glycemic Index:65.08, Glycemic Load:12.01, Inflammation Score:-6, Nutrition Score:22.564347826087%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 413.27kcal (20.66%), Fat: 16.34g (25.14%), Saturated Fat: 7.29g (45.58%), Carbohydrates: 32.16g (10.72%), Net Carbohydrates: 29.17g (10.61%), Sugar: 6.02g (6.69%), Cholesterol: 124mg (41.33%), Sodium: 470.76mg (20.47%), Protein: 36.04g (72.07%), Selenium: 52.96µg (75.66%), Vitamin B3: 13.68mg (68.38%), Vitamin B6: 1.17mg (58.33%), Phosphorus: 459.28mg (45.93%), Vitamin B2: 0.49mg (28.9%), Manganese: 0.48mg (23.92%), Zinc: 3.49mg (23.25%), Vitamin B5: 2.28mg (22.82%), Potassium: 719.57mg (20.56%), Copper: 0.38mg (19.17%), Magnesium: 72.86mg (18.21%), Vitamin B12: 0.92µg (15.41%), Vitamin B1: 0.22mg (14.66%), Vitamin C: 10.08mg (12.22%), Fiber: 2.99g (11.94%), Iron: 2.12mg (11.79%), Vitamin A: 577.74IU (11.55%), Calcium: 109.06mg (10.91%), Folate: 43µg (10.75%), Vitamin D: 0.86µg (5.72%), Vitamin K: 5.9µg (5.62%), Vitamin E: 0.49mg (3.28%)