



Lazygirl's Ground Turkey Stroganoff

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cube chicken bouillon crumbled
- 10.8 ounce cream of mushroom soup canned
- 8 ounce extra wide egg noodles uncooked
- 1 pound pd of ground turkey
- 1 tablespoon onion minced
- 1 tablespoon paprika
- 4 servings salt to taste
- 1 tablespoon vegetable oil

0.5 cup water

Equipment

frying pan

pot

Directions

Bring a pot of lightly salted water to a boil.

Place the egg noodles in the pot, cook 6 to 8 minutes, until al dente, and drain.

Heat the oil in a skillet over medium heat.

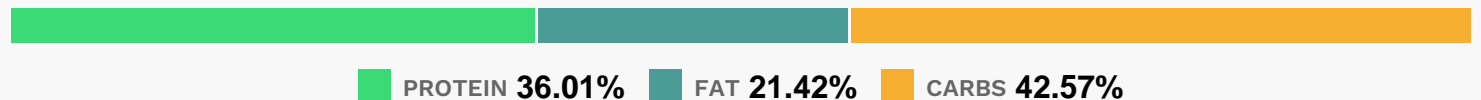
Place the turkey and onion in the skillet and cook until turkey is evenly brown and onion is tender.

Mix in the bouillon.

Stir the cream of mushroom soup and water into the skillet. Cook and stir until heated through. Season with paprika and salt.

Serve over the cooked egg noodles.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:17.06, Inflammation Score:-7, Nutrition Score:22.606521595431%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 427.21kcal (21.36%), Fat: 10.19g (15.67%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 45.55g (15.18%), Net Carbohydrates: 42.87g (15.59%), Sugar: 1.35g (1.5%), Cholesterol: 113.81mg (37.94%), Sodium: 807.48mg (35.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.54g (77.07%), Selenium: 69.86µg (99.81%), Vitamin B3: 13.06mg (65.32%), Vitamin B6: 1.17mg (58.26%), Phosphorus: 422.38mg (42.24%), Manganese: 0.75mg (37.59%), Zinc: 4.01mg (26.71%), Copper: 0.4mg (20.25%), Magnesium: 74.77mg (18.69%), Vitamin A: 925.5IU

(18.51%), Potassium: 612.47mg (17.5%), Vitamin B5: 1.71mg (17.07%), Iron: 2.86mg (15.9%), Vitamin B12: 0.86µg (14.41%), Vitamin B2: 0.24mg (14%), Vitamin B1: 0.19mg (12.59%), Fiber: 2.68g (10.71%), Folate: 32.18µg (8.05%), Vitamin K: 7.95µg (7.57%), Vitamin E: 1.08mg (7.18%), Vitamin D: 0.62µg (4.16%), Calcium: 31.9mg (3.19%)