



Lemon Pesto Turkey Pasta

 Dairy Free

READY IN



30 min.

SERVINGS



3

CALORIES



730 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 servings salt
- 2 large eggs (large)
- 1 lemon zest
- 0.5 cup basil pesto prepared
- 0.5 pound farfalle pasta (bow tie)
- 1 Tbsp olive oil extra virgin
- 1 cup onion chopped (one medium onion)
- 1 clove garlic minced

- 2 cups turkey gravy leftover cooked chopped (turkey thigh meat works great)
- 3 servings pepper black freshly ground

Equipment

- bowl
- frying pan
- whisk
- pot

Directions

- Boil salted water for pasta: Bring a large pot of water to a boil.
- Add 1 Tbsp of salt for every 2 quarts of water. (While the water is coming to a boil, prep the ingredients to save time.)
- Make egg, zest, pesto sauce: In a medium bowl, whisk together the eggs, lemon zest, and pesto. Set aside.
- Add the pasta to the boiling water. The pasta should take 10 minutes to cook to al dente, cooked through but still a little firm. Cook on a rolling boil, uncovered.
- Cook onions, add chopped cooked turkey: While the pasta is cooking, cook the onions in a large sauté pan in olive oil on medium heat until translucent.
- Add the garlic and chopped cooked turkey meat. Cook until heated through, then remove from heat.
- Drain pasta: When the pasta is ready, reserve 1/2 a cup of the pasta cooking water and drain the pasta.
- Add the hot, drained pasta to the pan with the onions and turkey.
- Pour the egg mixture over everything and quickly stir to combine. The heat of the pasta will cook the eggs sufficiently, though keep the pan off the heat or the eggs in the sauce will curdle.
- Season to taste: Salt to taste (depending on the saltiness of your leftover turkey and the saltiness of the pesto, you may not need any additional salt).
- Sprinkle with freshly ground black pepper to serve. (If you want, sprinkle with a little fresh lemon juice as well.)

Add back a little of the reserved pasta water if you want the pasta a little more loose, or if it is too dry.

Nutrition Facts



PROTEIN 24.18% **FAT 39.17%** **CARBS 36.65%**

Properties

Glycemic Index:43.67, Glycemic Load:23.9, Inflammation Score:-8, Nutrition Score:23.409565148146%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.84mg, Quercetin: 10.84mg, Quercetin: 10.84mg, Quercetin: 10.84mg

Nutrients (% of daily need)

Calories: 729.77kcal (36.49%), Fat: 31.24g (48.06%), Saturated Fat: 6.58g (41.12%), Carbohydrates: 65.75g (21.92%), Net Carbohydrates: 61.5g (22.36%), Sugar: 5.82g (6.47%), Cholesterol: 229.04mg (76.35%), Sodium: 730.8mg (31.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.38g (86.76%), Selenium: 86.25µg (123.22%), Vitamin B3: 10.32mg (51.61%), Phosphorus: 434.41mg (43.44%), Vitamin B6: 0.82mg (40.95%), Manganese: 0.81mg (40.72%), Vitamin B2: 0.48mg (28.07%), Zinc: 3.92mg (26.13%), Vitamin A: 1052.38IU (21.05%), Vitamin B12: 1.25µg (20.81%), Magnesium: 78.13mg (19.53%), Vitamin B5: 1.8mg (18.01%), Copper: 0.36mg (17.82%), Fiber: 4.25g (16.98%), Iron: 3.01mg (16.7%), Potassium: 524.14mg (14.98%), Calcium: 131.52mg (13.15%), Folate: 48.11µg (12.03%), Vitamin B1: 0.15mg (10.08%), Vitamin C: 6.84mg (8.29%), Vitamin E: 1.19mg (7.92%), Vitamin D: 1.04µg (6.93%), Vitamin K: 3.38µg (3.22%)