



Lemon Pesto Turkey Pasta

 Dairy Free

READY IN



30 min.

SERVINGS



3

CALORIES



730 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup basil pesto prepared
- ☐ 3 servings pepper black freshly ground
- ☐ 2 large eggs (large)
- ☐ 0.5 pound farfalle pasta (bow tie)
- ☐ 1 clove garlic minced
- ☐ 1 lemon zest
- ☐ 1 Tbsp olive oil
- ☐ 1 cup onion chopped (one medium onion)

- ☐ 3 servings salt
- ☐ 2 cups turkey gravy leftover cooked chopped (turkey thigh meat works great)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ 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.)2 In a medium bowl, whisk together the eggs, lemon zest, and pesto. Set aside. 3
- ☐ 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. 4 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.5 When the pasta is ready, reserve 1/2 a cup of the pasta cooking water and drain the pasta. 6
- ☐ 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.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%)