



Linguine with Turkey, Basil, and Crème Fraîche

READY IN



25 min.

SERVINGS



4

CALORIES



455 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce crème fraîche
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest
- ☐ 9 ounce soup noodles fresh refrigerated
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 3 cups turkey shredded cooked

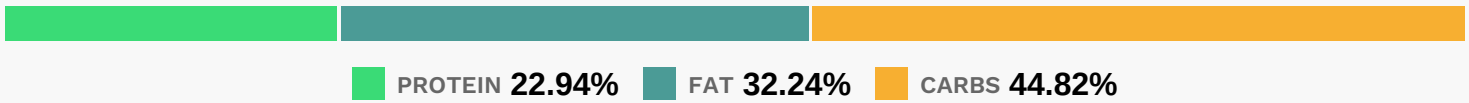
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook pasta in boiling salted water according to package directions.
- ☐ Meanwhile, whisk together crme frache and next 3 ingredients in a large bowl.
- ☐ Drain pasta, reserving 1/4 cup cooking water. Toss pasta and turkey in sauce mixture, adding enough cooking water to evenly coat pasta. Stir in lemon juice and basil.
- ☐ Serve immediately.
- ☐ *Crme frache is a cultured cream product similar to sour cream, but with a less tangy taste and a softer texture. You can substitute Mexican crema or a mixture of equal parts sour cream and whipping cream.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:19.17, Inflammation Score:-5, Nutrition Score:16.020000146783%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 455.47kcal (22.77%), Fat: 16.19g (24.91%), Saturated Fat: 7g (43.73%), Carbohydrates: 50.63g (16.88%), Net Carbohydrates: 48.47g (17.63%), Sugar: 3.77g (4.19%), Cholesterol: 87.13mg (29.04%), Sodium: 395.72mg (17.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.91g (51.82%), Selenium: 58.31µg (83.3%), Vitamin B3: 6.85mg (34.23%), Manganese: 0.63mg (31.72%), Phosphorus: 301.37mg (30.14%), Vitamin B6: 0.57mg (28.25%), Vitamin B12: 1.03µg (17.14%), Zinc: 2.43mg (16.2%), Vitamin B2: 0.27mg (16.09%), Magnesium: 59.52mg (14.88%), Copper: 0.26mg (13.02%), Potassium: 389.63mg (11.13%), Vitamin B5: 1.08mg (10.8%), Vitamin A: 475.19IU (9.5%), Iron: 1.58mg (8.77%), Fiber: 2.16g (8.63%), Calcium: 83.07mg (8.31%), Vitamin B1: 0.11mg (7.07%), Vitamin K: 7.34µg (6.99%), Folate: 21.71µg (5.43%), Vitamin C: 2.39mg (2.9%), Vitamin E: 0.37mg (2.47%), Vitamin D: 0.22µg (1.49%)