



Pesto Turkey and Pasta

 Dairy Free

READY IN



17 min.

SERVINGS



3

CALORIES



543 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 ounces farfalle pasta uncooked (bow-tie)
- 2 cups turkey breast cubed cooked
- 0.5 cup basil pesto
- 0.5 cup roasted peppers red coarsely chopped
- 1 serving olives ripe sliced

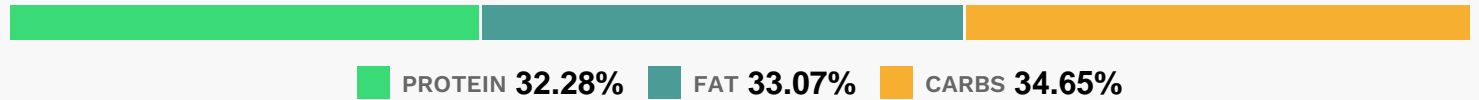
Equipment

- sauce pan

Directions

- Cook and drain pasta as directed on package in 3-quart saucepan.
- Mix hot cooked pasta, turkey, pesto and bell peppers in same saucepan.
- Heat over low heat, stirring constantly, until hot.
- Garnish with olives.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:17.02, Inflammation Score:-7, Nutrition Score:22.960000085442%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 543.48kcal (27.17%), Fat: 19.86g (30.55%), Saturated Fat: 3.4g (21.28%), Carbohydrates: 46.81g (15.6%), Net Carbohydrates: 43.83g (15.94%), Sugar: 2.95g (3.28%), Cholesterol: 88.48mg (29.49%), Sodium: 1138.22mg (49.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.61g (87.21%), Selenium: 71.77µg (102.52%), Vitamin B3: 16.76mg (83.8%), Vitamin B6: 1.35mg (67.32%), Phosphorus: 484.33mg (48.43%), Manganese: 0.57mg (28.42%), Vitamin A: 1012.36IU (20.25%), Zinc: 2.89mg (19.3%), Magnesium: 72.78mg (18.2%), Vitamin B12: 0.99µg (16.56%), Vitamin B2: 0.27mg (15.89%), Potassium: 545mg (15.57%), Vitamin B5: 1.48mg (14.77%), Copper: 0.28mg (14.21%), Vitamin C: 10.85mg (13.15%), Fiber: 2.98g (11.9%), Iron: 2.05mg (11.38%), Calcium: 113.57mg (11.36%), Vitamin B1: 0.11mg (7.35%), Folate: 25.18µg (6.29%), Vitamin E: 0.41mg (2.74%), Vitamin D: 0.16µg (1.05%)