



Pesto Turkey and Pasta

 Dairy Free

READY IN



17 min.

SERVINGS



1

CALORIES



1630 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

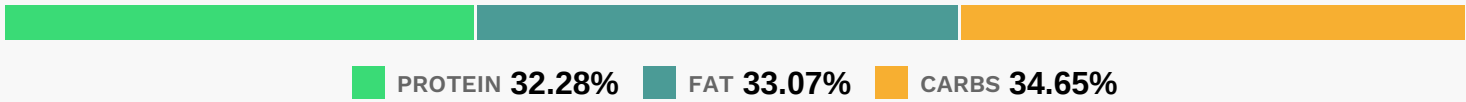
Equipment

- ☐ 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:42, Glycemic Load:51.06, Inflammation Score:-10, Nutrition Score:47.199130563632%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 1630.45kcal (81.52%), Fat: 59.57g (91.65%), Saturated Fat: 10.21g (63.83%), Carbohydrates: 140.43g (46.81%), Net Carbohydrates: 131.5g (47.82%), Sugar: 8.85g (9.84%), Cholesterol: 265.44mg (88.48%), Sodium: 3414.65mg (148.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 130.82g (261.64%), Selenium: 215.3µg (307.57%), Vitamin B3: 50.28mg (251.41%), Vitamin B6: 4.04mg (201.97%), Phosphorus: 1452.98mg (145.3%), Manganese: 1.7mg (85.25%), Vitamin A: 3037.08IU (60.74%), Zinc: 8.68mg (57.89%), Magnesium: 218.35mg (54.59%), Vitamin B12: 2.98µg (49.68%), Vitamin B2: 0.81mg (47.68%), Potassium: 1635mg (46.71%), Vitamin B5: 4.43mg (44.31%), Copper: 0.85mg (42.63%), Vitamin C: 32.55mg (39.45%), Fiber: 8.93g (35.71%), Iron: 6.14mg (34.13%), Calcium: 340.7mg (34.07%), Vitamin B1: 0.33mg (22.06%), Folate: 75.54µg (18.88%), Vitamin E: 1.23mg (8.22%), Vitamin D: 0.47µg (3.15%)