



Pesto Turkey and Pasta

 Dairy Free

READY IN



17 min.

SERVINGS



1

CALORIES



1601 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

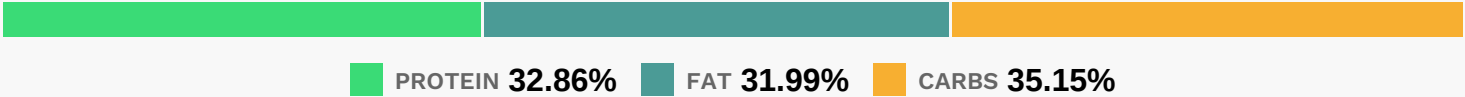
Equipment

- ☐ 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:46.60217390501%

Nutrients (% of daily need)

Calories: 1601.45kcal (80.07%), Fat: 56.51g (86.94%), Saturated Fat: 9.81g (61.29%), Carbohydrates: 139.66g (46.55%), Net Carbohydrates: 131.39g (47.78%), Sugar: 8.75g (9.72%), Cholesterol: 265.44mg (88.48%), Sodium: 3102.65mg (134.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 130.61g (261.23%), Selenium: 215.12µg (307.32%), Vitamin B3: 50.23mg (251.17%), Vitamin B6: 4.03mg (201.66%), Phosphorus: 1452.18mg (145.22%), Manganese: 1.7mg (85.25%), Vitamin A: 2958.48IU (59.17%), Zinc: 8.68mg (57.84%), Magnesium: 216.15mg (54.04%), Vitamin B12: 2.98µg (49.68%), Vitamin B2: 0.81mg (47.6%), Potassium: 1626.6mg (46.47%), Vitamin B5: 4.43mg (44.27%), Copper: 0.83mg (41.43%), Vitamin C: 32.55mg (39.45%), Iron: 6.05mg (33.59%), Fiber: 8.27g (33.07%), Calcium: 330.3mg (33.03%), Vitamin B1: 0.33mg (21.78%), Folate: 74.94µg (18.73%), Vitamin D: 0.47µg (3.15%), Vitamin E: 0.47mg (3.14%)