



 **43%**
HEALTH SCORE

Pumpkin-Turkey "Ghoulash" with Caraway Noodles

READY IN



45 min.

SERVINGS



8

CALORIES



929 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 1 teaspoon pepper black freshly ground
- 5 tablespoons butter
- 14.5 ounce pumpkin puree pure canned
- 1 tablespoon caraway seeds
- 2 teaspoons kosher salt
- 1.5 pounds extra wide egg noodles
- 4 garlic clove chopped

- 0.5 cup paprika sweet hot (or a mixture of both)
- 4 cups chicken broth
- 3 tablespoons olive oil
- 3 cups onion chopped
- 2 large baking potatoes peeled cut into 1-inch pieces ()
- 8 servings cream sour
- 1 large thyme leaves fresh divided chopped
- 3.5 pounds turkey thighs skinless cut into 1-inch pieces

Equipment

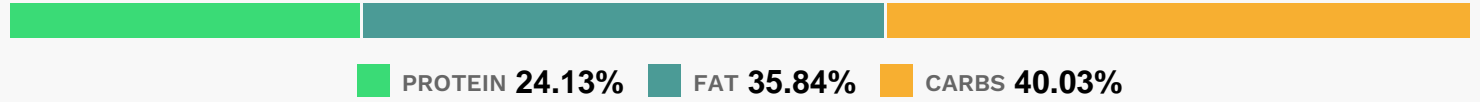
- bowl
- pot
- ziploc bags

Directions

- Place turkey, paprika, 2 teaspoons salt, and 1 teaspoon pepper in large resealable plastic bag. Seal bag; shake.
- Heat oil in large pot over medium-high heat.
- Remove turkey from spice mixture (reserve spice mixture in bag).
- Add turkey to pot; cook 5 minutes.
- Place onions and potatoes in bag with spice mixture. Seal bag; shake to coat.
- Add vegetables to pot; cook 5 minutes, turning occasionally.
- Add broth, pumpkin, garlic, bay leaf, and thyme sprig; bring to boil. Reduce heat; cover and simmer until potatoes begin to fall apart, about 1 hour.
- Discard thyme sprig. Stir in 1 tablespoon chopped thyme. Season stew with salt and pepper. DO AHEAD: Can be made 2 days ahead. Chill uncovered until cold, then cover and chill. Rewarm stew over medium heat before serving.
- Cook noodles in large pot of boiling salted water until tender but still firm to bite, stirring occasionally.
- Drain noodles; return to pot.

- Add butter and caraway seeds to noodles. Toss until butter melts. Divide noodles among bowls; top with stew.
- Sprinkle with remaining 2 tablespoons chopped thyme.
- Serve, passing sour cream alongside.

Nutrition Facts



Properties

Glycemic Index:40.97, Glycemic Load:40.16, Inflammation Score:-10, Nutrition Score:44.30826092803%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg

Nutrients (% of daily need)

Calories: 928.84kcal (46.44%), Fat: 37.3g (57.39%), Saturated Fat: 13.29g (83.04%), Carbohydrates: 93.74g (31.25%), Net Carbohydrates: 84.46g (30.71%), Sugar: 7.7g (8.55%), Cholesterol: 220.37mg (73.46%), Sodium: 1576.55mg (68.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.51g (113.02%), Vitamin A: 11680.67IU (233.61%), Selenium: 148.55µg (212.21%), Vitamin B12: 8.34µg (139.04%), Zinc: 10.75mg (71.66%), Phosphorus: 705.34mg (70.53%), Manganese: 1.21mg (60.3%), Vitamin B6: 1.18mg (59.19%), Vitamin B2: 0.89mg (52.55%), Vitamin B3: 10.12mg (50.58%), Iron: 8.14mg (45.25%), Potassium: 1556.86mg (44.48%), Copper: 0.75mg (37.54%), Fiber: 9.27g (37.09%), Magnesium: 139.64mg (34.91%), Vitamin B1: 0.49mg (32.66%), Vitamin B5: 3.15mg (31.53%), Vitamin E: 3.87mg (25.81%), Vitamin K: 20.36µg (19.39%), Vitamin C: 12.86mg (15.58%), Folate: 61.66µg (15.42%), Calcium: 129.21mg (12.92%), Vitamin D: 0.26µg (1.7%)