



Roast Turkey, Fennel and Onions with Buttered Egg Noodles

READY IN



60 min.

SERVINGS



6

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter for the egg noodles
- 2 cups chicken stock see
- 0.5 cup cooking wine dry white
- 2 tablespoons evoo
- 2 bulbs fennel cored thinly sliced quartered
- 0.3 cup flat-leaf parsley leaves fresh finely chopped
- 2 round tablespoons flour
- 2 tablespoons thyme leaves fresh finely chopped

- 3 cloves garlic thinly sliced
- 0.5 cup heavy cream
- 2 large onions thinly sliced quartered
- 1 Handful parmigiano-reggiano grated
- 6 servings pinenuts toasted for garnish
- 1 pounds roast turkey breast sliced
- 6 servings salt and pepper black freshly ground
- 1 pound extra-wide egg noodles

Equipment

- frying pan
- pot

Directions

- Watch how to make this recipe.
- Heat the EVOO in a deep skillet over medium heat.
- Add the butter and melt into the oil.
- Add the thyme, garlic, fennel, onions and some salt and pepper.
- Saute until very soft and light golden in color, about 20 minutes, stirring frequently.
- Sprinkle the flour over the vegetables and stir a minute. Deglaze with the wine, then stir in the stock and thicken. Then add the turkey. Cool and store for a make-ahead meal. Reheat over medium heat.
- To serve, heat a large pot of water over high heat, season the water with salt and cook the pasta to al dente.
- Heat the turkey and fennel over medium heat, add the cream and thicken the sauce, adjust the seasoning.
- Drain the egg noodles, return to the pot and toss with the butter, parsley, parm and some salt and pepper.
- Serve the turkey on a bed of egg noodles garnished with pine nuts.

Nutrition Facts

PROTEIN 17.82% FAT 33.68% CARBS 48.5%

Properties

Glycemic Index:69.33, Glycemic Load:27.14, Inflammation Score:-10, Nutrition Score:29.694347526716%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.45mg, Apigenin: 5.45mg, Apigenin: 5.45mg, Apigenin: 5.45mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 10.37mg, Quercetin: 10.37mg, Quercetin: 10.37mg, Quercetin: 10.37mg

Nutrients (% of daily need)

Calories: 645.71kcal (32.29%), Fat: 24.05g (37%), Saturated Fat: 7.19g (44.96%), Carbohydrates: 77.92g (25.97%), Net Carbohydrates: 71.15g (25.87%), Sugar: 10.42g (11.58%), Cholesterol: 116.76mg (38.92%), Sodium: 1086.22mg (47.23%), Alcohol: 2.06g (100%), Alcohol %: 0.61% (100%), Protein: 28.63g (57.25%), Selenium: 67.07µg (95.81%), Vitamin K: 99.85µg (95.1%), Manganese: 1.89mg (94.5%), Phosphorus: 525.06mg (52.51%), Copper: 0.7mg (35.02%), Magnesium: 122.74mg (30.69%), Potassium: 960.09mg (27.43%), Fiber: 6.77g (27.08%), Vitamin C: 20.95mg (25.39%), Iron: 4.48mg (24.88%), Zinc: 3.36mg (22.4%), Vitamin B3: 4.09mg (20.46%), Vitamin B6: 0.38mg (18.77%), Vitamin E: 2.59mg (17.29%), Folate: 67.84µg (16.96%), Vitamin B1: 0.25mg (16.41%), Vitamin A: 775.74IU (15.51%), Vitamin B2: 0.26mg (15.26%), Calcium: 123.24mg (12.32%), Vitamin B5: 1.1mg (11%), Vitamin B12: 0.27µg (4.45%), Vitamin D: 0.56µg (3.73%)