



Skillet Turkey Stew

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 oz chicken broth canned
- ☐ 2 tablespoons cornstarch
- ☐ 8 oz cremini mushrooms sliced
- ☐ 1 small onion chopped
- ☐ 2 tablespoons parsley chopped
- ☐ 2 cups peas-carrots mix shopping list mixed frozen
- ☐ 3 cups turkey cooked cut into bite-size chunks
- ☐ 1 tablespoon butter unsalted

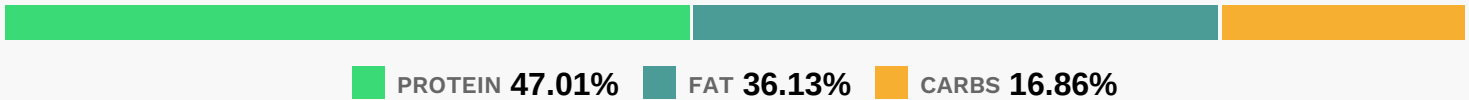
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add mushrooms and cook, stirring often, for 3 minutes.
- ☐ Add onion and cook for 5 minutes more.
- ☐ Stir together broth and cornstarch; add to skillet and whisk until boiling. Cook, stirring with a whisk until sauce is thickened, about 3 minutes. Stir in frozen vegetables. Cook until heated through, about 2 minutes. Stir in turkey and parsley and cook for about 2 minutes, until hot.
- ☐ Serve stew over noodles, toast or biscuits.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.38, Inflammation Score:-10, Nutrition Score:26.936956685522%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 392.86kcal (19.64%), Fat: 15.79g (24.29%), Saturated Fat: 5.28g (32.98%), Carbohydrates: 16.58g (5.53%), Net Carbohydrates: 13.46g (4.9%), Sugar: 1.78g (1.98%), Cholesterol: 112.58mg (37.53%), Sodium: 640.1mg (27.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.22g (92.44%), Vitamin A: 7127.84IU (142.56%), Selenium: 50.61µg (72.3%), Vitamin B3: 11.35mg (56.73%), Phosphorus: 411.29mg (41.13%), Vitamin B6: 0.8mg (39.89%), Vitamin B2: 0.58mg (34.3%), Vitamin K: 35.48µg (33.79%), Vitamin B12: 2µg (33.33%), Zinc: 4.94mg (32.94%), Copper: 0.47mg (23.35%), Potassium: 751.63mg (21.48%), Iron: 3.15mg (17.48%), Vitamin B5: 1.63mg (16.28%), Vitamin B1: 0.23mg (15.51%), Magnesium: 58.81mg (14.7%), Vitamin C: 11.8mg (14.3%), Manganese: 0.28mg (14.1%),

Folate: 53.12µg (13.28%), Fiber: 3.12g (12.48%), Calcium: 59.4mg (5.94%), Vitamin E: 0.5mg (3.34%), Vitamin D: 0.44µg (2.9%)