



 **56%**
HEALTH SCORE

Slow-Cooker Turkey Rotini Casserole

READY IN



520 min.

SERVINGS



4

CALORIES



625 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup chicken broth reduced-sodium
- 0.5 cup water
- 1 small stalk celery
- 0.5 teaspoon thyme leaves dried
- 1 bay leaves dried
- 1.5 pounds turkey thighs
- 1.3 ounces alfredo sauce
- 10.8 ounces cream of mushroom soup fat-free 98% canned
- 9 ounces broccoli frozen thawed drained chopped

- 8 ounces rotini pasta uncooked
- 0.5 cup parmesan cheese grated

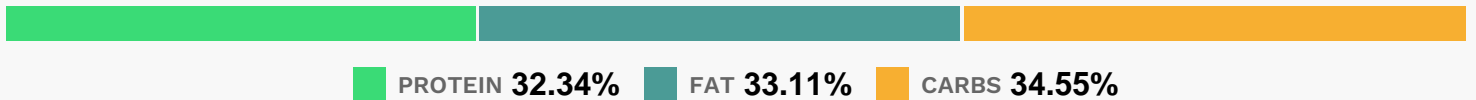
Equipment

- slow cooker

Directions

- Pour broth and water into 3 1/2- to 4-quart slow cooker.
- Add celery, thyme and bay leaf. Top with turkey.
- Cover and cook on low heat setting 6 to 8 hours or until turkey is tender.
- Remove turkey, celery and bay leaf; discard celery and bay leaf.
- Increase heat to high setting.
- Mix sauce mix (dry) and soup; stir into slow cooker. Stir in broccoli. Cover and cook about 30 minutes or until thickened.
- Cook pasta as directed on package. While pasta is cooking, remove turkey meat from bones and cut into pieces; discard bones.
- Return turkey to slow cooker. Stir in pasta and cheese.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:17.87, Inflammation Score:-8, Nutrition Score:35.152173681104%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 5.01mg, Kaempferol: 5.01mg, Kaempferol: 5.01mg, Kaempferol: 5.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 624.51kcal (31.23%), Fat: 22.7g (34.92%), Saturated Fat: 8.51g (53.19%), Carbohydrates: 53.29g (17.76%), Net Carbohydrates: 49.56g (18.02%), Sugar: 2.88g (3.2%), Cholesterol: 125.96mg (41.99%), Sodium: 1608.86mg

(69.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.88g (99.77%), Selenium: 109.86µg (156.94%), Vitamin B12: 7.15µg (119.23%), Vitamin C: 57.44mg (69.63%), Vitamin K: 66.58µg (63.41%), Zinc: 9.49mg (63.25%), Phosphorus: 560.48mg (56.05%), Manganese: 0.9mg (45.19%), Vitamin B2: 0.73mg (42.89%), Vitamin B3: 6.98mg (34.88%), Vitamin B6: 0.58mg (29.16%), Copper: 0.56mg (28.02%), Potassium: 920.38mg (26.3%), Iron: 4.53mg (25.17%), Vitamin B5: 2.17mg (21.68%), Magnesium: 83.85mg (20.96%), Vitamin B1: 0.29mg (19.07%), Calcium: 175.21mg (17.52%), Folate: 59.86µg (14.97%), Fiber: 3.73g (14.94%), Vitamin A: 538.02IU (10.76%), Vitamin E: 0.64mg (4.23%)