



## Spaghetti with Smoked Turkey and Leeks

READY IN



45 min.

SERVINGS



4

CALORIES



646 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 tablespoon butter
- 0.5 cup chicken broth low-sodium homemade canned
- 0.3 teaspoon fresh-ground pepper black
- 1 cup heavy cream
- 3 large leeks split white green washed sliced well thin
- 2 tablespoons parsley chopped
- 1 teaspoon salt
- 0.8 pound pasta like spaghetti
- 0.5 pound turkey smoked sliced cut into 1/4-by-1 1/2-inch strips

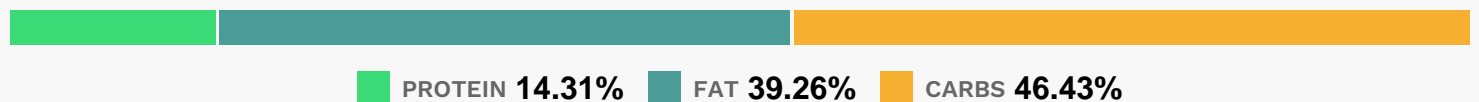
## Equipment

- frying pan
- pot

## Directions

- In a large frying pan, melt the butter over moderate heat.
- Add the leeks and salt and cook, stirring occasionally, until the leeks are tender, about 10 minutes.
- Add the broth, increase the heat to moderately high, and simmer until the liquid is reduced to about 1/4 cup. Stir in the cream and bring to a simmer. Reduce the heat and simmer until slightly thickened, 2 to 3 minutes. Stir in the turkey, parsley, and pepper.
- In a large pot of boiling, salted water, cook the spaghetti until just done, about 12 minutes.
- Drain and toss with the sauce.
- Wine Recommendation: The smokiness of the turkey will be best with a red or white wine with lots of acidity. For a red, look for a pinot noir from Oregon. For a white, try a riesling from the Alsace region of France.

## Nutrition Facts



## Properties

Glycemic Index:47, Glycemic Load:28.21, Inflammation Score:-9, Nutrition Score:23.719565122024%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 646.16kcal (32.31%), Fat: 28.27g (43.49%), Saturated Fat: 16.39g (102.45%), Carbohydrates: 75.24g (25.08%), Net Carbohydrates: 71.22g (25.9%), Sugar: 6.69g (7.44%), Cholesterol: 103.74mg (34.58%), Sodium: 693.47mg (30.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.18g (46.37%), Selenium: 64.82µg

(92.6%), Vitamin K: 66.61µg (63.44%), Manganese: 1.13mg (56.35%), Vitamin A: 2266.54IU (45.33%), Phosphorus: 303.33mg (30.33%), Vitamin B6: 0.54mg (27.17%), Vitamin B3: 5.26mg (26.28%), Magnesium: 79.59mg (19.9%), Copper: 0.38mg (19.18%), Iron: 3.12mg (17.32%), Folate: 66.39µg (16.6%), Fiber: 4.02g (16.08%), Vitamin B2: 0.27mg (15.86%), Zinc: 2.2mg (14.64%), Potassium: 495.58mg (14.16%), Vitamin C: 11.03mg (13.37%), Calcium: 106.63mg (10.66%), Vitamin B12: 0.62µg (10.36%), Vitamin B1: 0.15mg (9.99%), Vitamin B5: 0.95mg (9.52%), Vitamin E: 1.39mg (9.26%), Vitamin D: 1.07µg (7.15%)