



WHATSheATE



Take-It-Easy Noodle Dinner



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounces japanese ramen noodles
- ☐ 14.5 ounces canned tomatoes undrained canned
- ☐ 1 pound pd of ground turkey lean
- ☐ 0.5 cup onion coarsely chopped
- ☐ 1.5 cups peas sweet frozen thawed drained (from 1-pound bag)
- ☐ 1 cup water

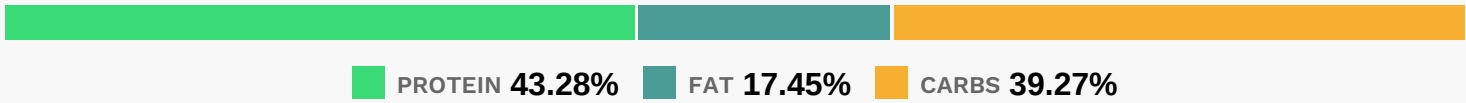
Equipment

- ☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, cook ground turkey and onion over medium heat about 8 minutes, stirring occasionally, until turkey is no longer pink; drain.
- ☐ Stir in water, tomatoes, peas and contents of seasoning packet from soup mix. Break up noodles; stir into turkey mixture.
- ☐ Heat to boiling, stirring occasionally. Reduce heat; cover and simmer about 6 minutes, stirring occasionally to separate noodles, until noodles are tender.

Nutrition Facts



Properties

Glycemic Index:39.08, Glycemic Load:10.72, Inflammation Score:-7, Nutrition Score:24.506086743396%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 304.64kcal (15.23%), Fat: 6.06g (9.32%), Saturated Fat: 2.25g (14.04%), Carbohydrates: 30.67g (10.22%), Net Carbohydrates: 24.79g (9.02%), Sugar: 8.79g (9.76%), Cholesterol: 62.37mg (20.79%), Sodium: 632.86mg (27.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.81g (67.62%), Vitamin B3: 14.29mg (71.46%), Vitamin B6: 1.26mg (63.02%), Selenium: 28.88µg (41.26%), Vitamin C: 32.75mg (39.69%), Phosphorus: 380.13mg (38.01%), Vitamin B1: 0.52mg (34.67%), Manganese: 0.55mg (27.53%), Potassium: 835.57mg (23.87%), Fiber: 5.88g (23.52%), Iron: 3.9mg (21.68%), Folate: 85.6µg (21.4%), Zinc: 3.17mg (21.12%), Copper: 0.4mg (20.19%), Magnesium: 78.86mg (19.72%), Vitamin K: 20.22µg (19.26%), Vitamin B2: 0.3mg (17.93%), Vitamin B5: 1.42mg (14.23%), Vitamin A: 668.22IU (13.36%), Vitamin E: 1.76mg (11.73%), Vitamin B12: 0.63µg (10.52%), Calcium: 64.48mg (6.45%), Vitamin D: 0.45µg (3.02%)