



Tomato-Basil Turkey Casserole

READY IN



75 min.

SERVINGS



6

CALORIES



254 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz gemelli uncooked
- ☐ 2 cups turkey diced cooked
- ☐ 26 oz pasta sauce thick hearty (any or variety)
- ☐ 1 medium zucchini cut into slices (1 1/2 cups) cut in half lengthwise, then
- ☐ 2.3 oz olives ripe drained sliced canned
- ☐ 1 teaspoon basil dried
- ☐ 0.3 cup parmesan fresh shredded

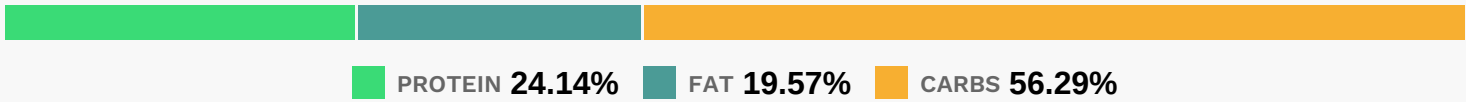
Equipment

☐ oven

Directions

- ☐ Heat oven to 375°F. Spray 2-quart casserole with cooking spray. Cook and drain pasta as directed on package.
- ☐ In casserole, mix pasta and remaining ingredients except cheese.
- ☐ Cover; bake 30 minutes.
- ☐ Sprinkle with cheese.
- ☐ Bake uncovered 15 to 20 minutes longer or until bubbly and thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:13.59, Inflammation Score:-6, Nutrition Score:14.508260947207%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 254.13kcal (12.71%), Fat: 5.62g (8.65%), Saturated Fat: 1.57g (9.81%), Carbohydrates: 36.39g (12.13%), Net Carbohydrates: 32.59g (11.85%), Sugar: 6.31g (7.01%), Cholesterol: 26.69mg (8.9%), Sodium: 857.01mg (37.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.61g (31.21%), Selenium: 32.79µg (46.84%), Manganese: 0.56mg (27.85%), Vitamin B3: 4.58mg (22.9%), Vitamin B6: 0.44mg (21.76%), Phosphorus: 207.46mg (20.75%), Potassium: 621.31mg (17.75%), Vitamin C: 14.45mg (17.51%), Copper: 0.31mg (15.55%), Vitamin E: 2.31mg (15.41%), Fiber: 3.79g (15.17%), Magnesium: 56.81mg (14.2%), Vitamin A: 691.38IU (13.83%), Iron: 2.31mg (12.85%), Vitamin B2: 0.21mg (12.42%), Zinc: 1.63mg (10.85%), Calcium: 92.6mg (9.26%), Vitamin B5: 0.9mg (9.01%), Vitamin K: 7.96µg (7.58%), Vitamin B12: 0.45µg (7.57%), Folate: 29.15µg (7.29%), Vitamin B1: 0.1mg (6.54%)