



## Turketti

READY IN



90 min.

SERVINGS



15

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.1 teaspoon pepper black
- 0.5 cup chicken broth
- 10.8 ounce cream of mushroom soup canned
- 0.3 cup bell pepper green chopped
- 0.5 small onion chopped
- 0.3 cup pimientos chopped
- 2 cups roast turkey leftover
- 0.5 teaspoon salt
- 0.5 cup cheddar cheese shredded

8 ounces pasta like spaghetti dry

## Equipment

bowl

oven

pot

baking pan

colander

## Directions

Preheat an oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

Break spaghetti into 2-inch pieces. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the spaghetti, and return to a boil. Cook the spaghetti uncovered, stirring occasionally, until it has cooked through, but is still firm to the bite, about 12 minutes.

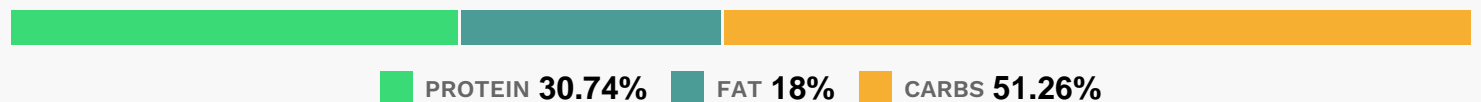
Drain well in a colander set in the sink.

Combine onion, pimiento, and green pepper with cooked spaghetti, 1/2 cup Cheddar cheese, turkey meat, mushroom soup, chicken broth, salt, and pepper in a large bowl.

Mix lightly and spread the mixture in the baking dish and top with 1/2 cup shredded Cheddar cheese.

Bake, uncovered, in oven for 45 minutes until the casserole is bubbling and cheese topping is melted and browned.

## Nutrition Facts



## Properties

Glycemic Index:12.2, Glycemic Load:4.68, Inflammation Score:-2, Nutrition Score:4.1939130749391%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg,

Kaempferol: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 113.19kcal (5.66%), Fat: 2.25g (3.47%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 14.44g (4.81%), Net Carbohydrates: 13.75g (5%), Sugar: 1.25g (1.39%), Cholesterol: 15.03mg (5.01%), Sodium: 652.9mg (28.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.32%), Selenium: 10.67µg (15.25%), Phosphorus: 127.09mg (12.71%), Manganese: 0.21mg (10.74%), Copper: 0.17mg (8.52%), Vitamin C: 5.5mg (6.66%), Zinc: 0.87mg (5.78%), Magnesium: 19.78mg (4.95%), Iron: 0.78mg (4.34%), Potassium: 142.46mg (4.07%), Calcium: 35.53mg (3.55%), Fiber: 0.68g (2.74%), Vitamin B2: 0.05mg (2.72%), Vitamin A: 132.18IU (2.64%), Vitamin B3: 0.5mg (2.49%), Vitamin B6: 0.05mg (2.45%), Vitamin B1: 0.02mg (1.57%), Folate: 5.85µg (1.46%), Vitamin B5: 0.13mg (1.26%), Vitamin B12: 0.07µg (1.23%)