



 1%
HEALTH SCORE

Turkey a la King

READY IN



25 min.

SERVINGS



4

CALORIES



213 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 1 cup chicken broth
- 1 tablespoon flour all-purpose
- 3 mushrooms fresh sliced
- 3 mushrooms fresh sliced
- 0.5 cup cup heavy whipping cream
- 0.3 cup peas frozen thawed
- 4 servings salt and pepper to taste
- 1 cup turkey cooked chopped

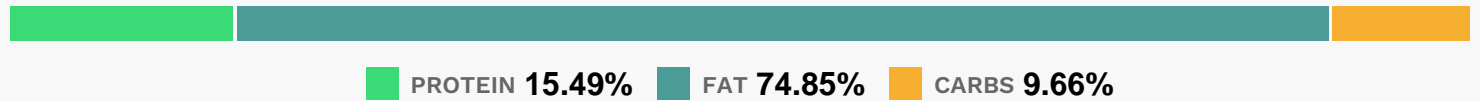
Equipment

- frying pan
- whisk

Directions

- In a large skillet over medium low heat, cook butter until golden brown.
- Saute mushrooms until tender. Stir in flour until smooth. Slowly whisk in chicken broth, and cook until slightly thickened. Stir in cream, turkey and peas. Reduce heat to low, and cook until thickened. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:58.33, Glycemic Load:1.72, Inflammation Score:-5, Nutrition Score:7.3456521552542%

Nutrients (% of daily need)

Calories: 213.12kcal (10.66%), Fat: 18.11g (27.86%), Saturated Fat: 10.84g (67.74%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 4.22g (1.53%), Sugar: 2.42g (2.69%), Cholesterol: 67.73mg (22.58%), Sodium: 494.77mg (21.51%), Alcohol: 0g (100%), Protein: 8.43g (16.87%), Vitamin B3: 3.49mg (17.47%), Vitamin B2: 0.28mg (16.75%), Selenium: 10.13µg (14.48%), Vitamin A: 719.78IU (14.4%), Phosphorus: 107.64mg (10.76%), Vitamin B6: 0.21mg (10.6%), Vitamin B5: 0.76mg (7.6%), Copper: 0.15mg (7.54%), Vitamin C: 5.64mg (6.84%), Vitamin B1: 0.1mg (6.78%), Vitamin B12: 0.39µg (6.44%), Potassium: 223.11mg (6.37%), Zinc: 0.88mg (5.87%), Manganese: 0.11mg (5.36%), Folate: 19.52µg (4.88%), Vitamin K: 4.44µg (4.23%), Fiber: 1.04g (4.16%), Vitamin D: 0.61µg (4.07%), Magnesium: 16.13mg (4.03%), Iron: 0.7mg (3.9%), Vitamin E: 0.5mg (3.35%), Calcium: 30.72mg (3.07%)