



Turkey a la King Deluxe

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 tablespoon butter
- ☐ 1 small carrots diced
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 1 teaspoon parsley flakes dried
- ☐ 0.3 cup cooking sherry dry
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 0.5 teaspoon ground pepper black

- ☐ 0.3 cup half-and-half cream
- ☐ 0.5 teaspoon onion powder
- ☐ 0.7 cup peas frozen
- ☐ 0.5 teaspoon salt
- ☐ 1 cup turkey breast shredded cooked
- ☐ 1 teaspoon vegetable oil
- ☐ 10.8 ounce water canned

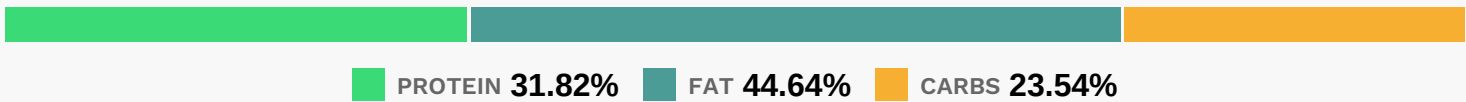
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Stir the cream of chicken soup into the one soup can of water in a bowl.
- ☐ Heat vegetable oil in a large saucepan over medium heat, stir in mushrooms and carrot, and cook and stir until mushrooms start to give up their liquid and carrot begins to soften, about 5 minutes.
- ☐ Add shredded turkey, onion powder, salt, pepper, bay leaf, and sherry to the pan and cook, stirring, another 5 minutes to reduce pan juices and cook away the alcohol from the wine.
- ☐ Pour the soup over the turkey mixture and bring to a boil. Reduce heat and add the half-and-half, parsley, and frozen peas. Simmer 5 to 10 minutes to reduce the sauce and heat the peas through.
- ☐ Remove bay leaf and stir in butter just before serving.

Nutrition Facts



Properties

Glycemic Index:65.79, Glycemic Load:4.19, Inflammation Score:-9, Nutrition Score:16.353043530298%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 238.37kcal (11.92%), Fat: 11.41g (17.56%), Saturated Fat: 4.55g (28.45%), Carbohydrates: 13.54g (4.51%), Net Carbohydrates: 11.13g (4.05%), Sugar: 4.37g (4.85%), Cholesterol: 50.85mg (16.95%), Sodium: 996.94mg (43.35%), Alcohol: 2.06g (100%), Alcohol %: 0.75% (100%), Protein: 18.31g (36.62%), Vitamin A: 2568.02IU (51.36%), Vitamin B3: 8.89mg (44.45%), Selenium: 21.19µg (30.27%), Vitamin B6: 0.6mg (29.81%), Phosphorus: 262.59mg (26.26%), Vitamin B2: 0.42mg (24.87%), Copper: 0.38mg (18.82%), Vitamin B5: 1.57mg (15.75%), Vitamin C: 11.91mg (14.43%), Potassium: 501.39mg (14.33%), Vitamin K: 14.12µg (13.44%), Manganese: 0.26mg (13.17%), Zinc: 1.72mg (11.5%), Iron: 1.92mg (10.66%), Vitamin B1: 0.16mg (10.34%), Fiber: 2.41g (9.64%), Magnesium: 37.6mg (9.4%), Folate: 34.44µg (8.61%), Vitamin B12: 0.43µg (7.17%), Calcium: 54.67mg (5.47%), Vitamin E: 0.78mg (5.22%), Vitamin D: 0.17µg (1.15%)