



Turkey and Broccoli Pasta

READY IN



25 min.

SERVINGS



5

CALORIES



239 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb pd of ground turkey lean
- 2 cups milk
- 1 cup water hot
- 1 box hawaiian rolls
- 1 teaspoon oregano dried
- 0.3 teaspoon pepper red crushed
- 1.5 cups broccoli frozen
- 4 oz mozzarella cheese shredded

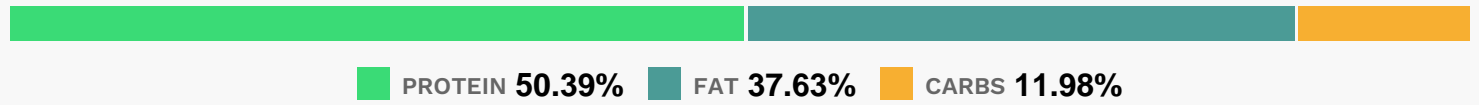
Equipment

frying pan

Directions

- In 10-inch skillet, cook turkey over medium-high heat, stirring occasionally, until no longer pink; drain.
- Stir in milk, hot water, uncooked pasta and sauce mix (from Hamburger Helper box), oregano and pepper flakes.
- Heat to boiling.
- Reduce heat; cover and simmer 5 minutes, stirring occasionally. Stir in broccoli. Cover; simmer 5 minutes.
- Sprinkle with cheese; cook uncovered until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:32.8, Glycemic Load:2.27, Inflammation Score:-7, Nutrition Score:18.029565292856%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 239.08kcal (11.95%), Fat: 10.1g (15.54%), Saturated Fat: 5.28g (33%), Carbohydrates: 7.23g (2.41%), Net Carbohydrates: 6.34g (2.3%), Sugar: 5.42g (6.02%), Cholesterol: 79.52mg (26.51%), Sodium: 239.36mg (10.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.43g (60.85%), Vitamin B3: 9.14mg (45.7%), Vitamin B6: 0.9mg (44.9%), Phosphorus: 403.31mg (40.33%), Selenium: 26.51µg (37.87%), Vitamin K: 30.34µg (28.9%), Vitamin C: 23.56mg (28.56%), Calcium: 258.14mg (25.81%), Vitamin B12: 1.51µg (25.12%), Vitamin B2: 0.33mg (19.33%), Zinc: 2.79mg (18.59%), Potassium: 521.91mg (14.91%), Vitamin B5: 1.35mg (13.5%), Magnesium: 49.85mg (12.46%), Vitamin A: 535.03IU (10.7%), Vitamin D: 1.53µg (10.18%), Vitamin B1: 0.14mg (9.23%), Folate: 26.64µg (6.66%), Iron: 1.16mg (6.46%), Manganese: 0.09mg (4.72%), Copper: 0.08mg (4.02%), Fiber: 0.89g (3.58%), Vitamin E: 0.47mg (3.15%)