



Turkey and Broccoli Pasta

 Gluten Free

READY IN



25 min.

SERVINGS



5

CALORIES



239 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

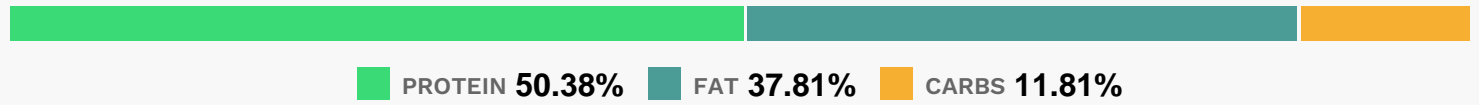
Equipment

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:25.8, Glycemic Load:2.21, Inflammation Score:-7, Nutrition Score:18.032608768214%

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: 239.34kcal (11.97%), Fat: 10.16g (15.63%), Saturated Fat: 5.32g (33.23%), Carbohydrates: 7.14g (2.38%), Net Carbohydrates: 6.25g (2.27%), Sugar: 5.4g (6%), Cholesterol: 79.72mg (26.57%), Sodium: 239.68mg (10.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.45g (60.9%), Vitamin B3: 9.13mg (45.66%), Vitamin B6: 0.9mg (44.9%), Phosphorus: 404.02mg (40.4%), Selenium: 26.51µg (37.88%), Vitamin K: 30.34µg (28.89%), Vitamin C: 23.56mg (28.56%), Calcium: 259.26mg (25.93%), Vitamin B12: 1.51µg (25.15%), Vitamin B2: 0.33mg (19.35%), Zinc: 2.79mg (18.63%), Potassium: 521.82mg (14.91%), Vitamin B5: 1.35mg (13.51%), Magnesium: 49.86mg (12.46%), Vitamin A: 537.04IU (10.74%), Vitamin D: 1.53µg (10.19%), Vitamin B1: 0.14mg (9.16%), Folate: 26.5µg (6.62%), Iron: 1.16mg (6.42%), Manganese: 0.09mg (4.66%), Copper: 0.08mg (4.01%), Fiber: 0.89g (3.56%), Vitamin E: 0.47mg (3.16%)