



Turkey & Broccoli Alfredo

READY IN



30 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup broccoli florets fresh
- ☐ 10.8 ounces cream of mushroom soup fat free 98% canned (Regular or)
- ☐ 0.3 teaspoon pepper black
- ☐ 8 ounces pasta
- ☐ 0.5 cup milk
- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 cups turkey cubed cooked

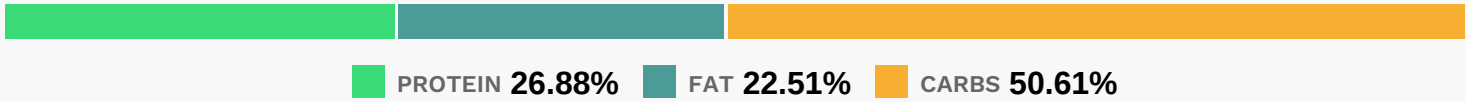
Equipment

- ☐ sauce pan
- ☐ colander

Directions

- ☐ Prepare the linguine according to the package directions in a 3-quart saucepan.
- ☐ Add the broccoli during the last 4 minutes of the cooking time.
- ☐ Drain the linguine mixture well in a colander. Return the linguine mixture to the saucepan.
- ☐ Stir the soup, milk, cheese, black pepper and turkey in the saucepan and cook over medium heat until the mixture is hot and bubbling, stirring occasionally.
- ☐ Serve with additional Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:17.87, Inflammation Score:-5, Nutrition Score:18.813912837402%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 405.88kcal (20.29%), Fat: 10.05g (15.46%), Saturated Fat: 4.33g (27.06%), Carbohydrates: 50.86g (16.95%), Net Carbohydrates: 48.27g (17.55%), Sugar: 3.41g (3.79%), Cholesterol: 54.13mg (18.04%), Sodium: 837.12mg (36.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.01g (54.02%), Selenium: 51.95µg (74.21%), Manganese: 0.83mg (41.5%), Phosphorus: 345.47mg (34.55%), Vitamin B3: 5.63mg (28.15%), Vitamin C: 20.29mg (24.6%), Vitamin B6: 0.48mg (23.88%), Vitamin K: 23.77µg (22.64%), Zinc: 3.28mg (21.89%), Copper: 0.37mg (18.63%), Calcium: 179.68mg (17.97%), Vitamin B12: 1.06µg (17.69%), Vitamin B2: 0.28mg (16.69%), Magnesium: 60.83mg (15.21%), Potassium: 476.07mg (13.6%), Vitamin B5: 1.08mg (10.79%), Iron: 1.93mg (10.73%), Fiber: 2.59g (10.36%), Folate: 34.12µg (8.53%), Vitamin B1: 0.13mg (8.46%), Vitamin A: 327.78IU (6.56%), Vitamin D: 0.55µg (3.65%), Vitamin E: 0.36mg (2.43%)