

Turkey-Cheese Macaroni Bake

READY IN



55 min.

SERVINGS



6

CALORIES



283 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup breadcrumbs
- 1 tablespoon butter melted
- 0.1 teaspoon thyme dried
- 1 cup elbow macaroni uncooked
- 2 cups skim milk fat-free
- 0.3 cup flour all-purpose
- 1 teaspoon parsley fresh minced
- 4 ounces cheddar cheese shredded divided reduced-fat
- 0.3 cup onion finely chopped

- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 2 cups turkey breast cubed cooked

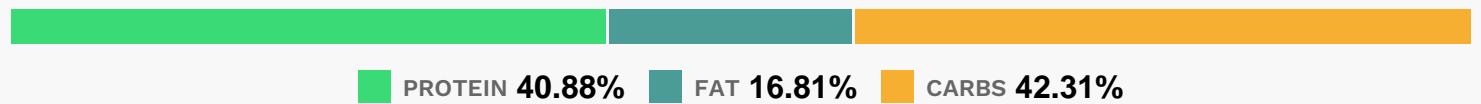
Equipment

- sauce pan
- oven
- baking pan
- broiler

Directions

- Cook macaroni according to package directions. Meanwhile, in a saucepan, saute the onion in butter.
- Add the flour, salt, pepper and thyme; stir until blended. Gradually add milk. Bring to a boil; cook and stir for 1-2 minutes or until thickened.
- Drain macaroni; add the white sauce, turkey and cheese.
- Transfer to a 2-qt. baking dish coated with cooking spray.
- Combine the topping ingredients; sprinkle over casserole.
- Bake, uncovered, at 350° for 30-35 minutes or until heated through.
- Place under broiler for about 5 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:41.54, Glycemic Load:4.35, Inflammation Score:-5, Nutrition Score:15.578695411267%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 283.08kcal (14.15%), Fat: 5.24g (8.07%), Saturated Fat: 2.42g (15.12%), Carbohydrates: 29.68g (9.89%), Net Carbohydrates: 28.45g (10.35%), Sugar: 5.46g (6.07%), Cholesterol: 54.02mg (18.01%), Sodium: 555.15mg (24.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.68g (57.35%), Selenium: 39.98µg (57.12%), Vitamin B3: 8.95mg (44.73%), Phosphorus: 424.8mg (42.48%), Vitamin B6: 0.72mg (35.82%), Calcium: 214.19mg (21.42%), Vitamin B2: 0.32mg (19.05%), Vitamin B12: 1.08µg (18.05%), Manganese: 0.32mg (16.07%), Zinc: 2.18mg (14.56%), Magnesium: 48.9mg (12.23%), Vitamin B1: 0.18mg (12.19%), Potassium: 417.83mg (11.94%), Vitamin B5: 1.1mg (10.98%), Iron: 1.32mg (7.33%), Folate: 29.21µg (7.3%), Copper: 0.14mg (6.85%), Vitamin D: 1µg (6.64%), Vitamin A: 282.59IU (5.65%), Fiber: 1.23g (4.93%), Vitamin K: 1.41µg (1.34%)