



Turkey Goulash



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce bow tie pasta
- ☐ 14 ounce canned tomatoes diced canned
- ☐ 0.5 teaspoon basil dried
- ☐ 3 cloves garlic minced
- ☐ 1 pound pd of ground turkey lean
- ☐ 1 cup tomato sauce
- ☐ 2 teaspoons sugar white

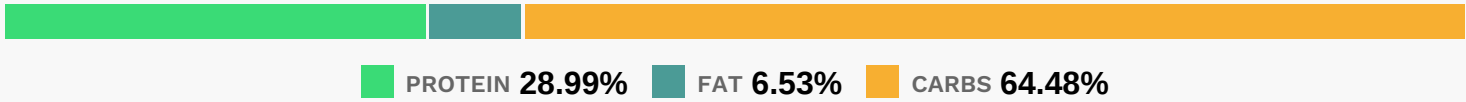
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large skillet over medium heat, cook the turkey until browned.
- ☐ Stir in the stewed tomatoes, garlic, tomato sauce, sugar and basil, and then simmer for about 20 minutes.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente, and then drain.
- ☐ Combine the pasta and turkey mixture; toss and serve.

Nutrition Facts



Properties

Glycemic Index:28.14, Glycemic Load:19.36, Inflammation Score:-5, Nutrition Score:15.472608400428%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 302.75kcal (15.14%), Fat: 2.2g (3.39%), Saturated Fat: 0.47g (2.92%), Carbohydrates: 48.98g (16.33%), Net Carbohydrates: 45.71g (16.62%), Sugar: 5.8g (6.44%), Cholesterol: 31.18mg (10.39%), Sodium: 243.22mg (10.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.02g (44.05%), Selenium: 49.01µg (70.02%), Vitamin B3: 7.39mg (36.94%), Vitamin B6: 0.69mg (34.28%), Manganese: 0.67mg (33.59%), Phosphorus: 261.9mg (26.19%), Copper: 0.33mg (16.38%), Magnesium: 61.73mg (15.43%), Potassium: 536.19mg (15.32%), Zinc: 2.02mg (13.44%), Fiber: 3.26g (13.05%), Iron: 2.19mg (12.16%), Vitamin B5: 0.98mg (9.83%), Vitamin B1: 0.13mg (8.87%), Vitamin C: 7.06mg (8.56%), Vitamin B2: 0.14mg (8.32%), Vitamin E: 1.17mg (7.81%), Folate: 24.17µg (6.04%), Vitamin A: 254.01IU (5.08%), Vitamin B12: 0.29µg (4.82%), Vitamin K: 4.63µg (4.41%), Calcium: 38.21mg (3.82%), Vitamin D: 0.23µg (1.51%)