



Turkey Italiano Bake

READY IN



55 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup basil fresh thinly sliced
- 1 clove garlic minced
- 0.3 tsp ground pepper black
- 1 cup italian* five cheese shredded with a touch of philadelphia, divided kraft
- 0.3 cup parmesan cheese grated kraft
- 1.8 cups classico family favorites pasta sauce traditional
- 0.5 cup pasilla peppers red chopped
- 2 cups roasted turkey white leftover chopped (meat)
- 3 cups farfalle pasta whole wheat uncooked (bow-tie pasta)

1 zucchini grated

Equipment

frying pan

sauce pan

oven

baking pan

Directions

Heat oven to 350F.

Cook pasta in large saucepan as directed on package, omitting salt and adding vegetables to the boiling water for the last minute; drain. Return to pan.

Add all remaining ingredients except shredded cheese; mix lightly. Stir in 1/2 cup shredded cheese; spoon into 8-inch square baking dish sprayed with cooking spray. Top with remaining shredded cheese; cover.

Bake 30 min. or until heated through, uncovering for the last 10 min.

Nutrition Facts



PROTEIN 28.02% **FAT 28.3%** **CARBS 43.68%**

Properties

Glycemic Index:56, Glycemic Load:2.33, Inflammation Score:-8, Nutrition Score:24.58956532893%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 383.66kcal (19.18%), Fat: 12.74g (19.6%), Saturated Fat: 3.03g (18.94%), Carbohydrates: 44.24g (14.75%), Net Carbohydrates: 41.67g (15.15%), Sugar: 5.87g (6.52%), Cholesterol: 46.82mg (15.61%), Sodium: 734.81mg (31.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.38g (56.75%), Manganese: 1.66mg (82.99%), Selenium: 46.5µg (66.43%), Vitamin C: 40.71mg (49.34%), Vitamin B3: 7.6mg (37.98%), Vitamin B6: 0.65mg (32.75%), Phosphorus: 301.54mg (30.15%), Magnesium: 107.78mg (26.94%), Vitamin A: 1333.42IU (26.67%),

Potassium: 715.68mg (20.45%), Copper: 0.41mg (20.45%), Vitamin B1: 0.31mg (20.35%), Iron: 3.47mg (19.27%),
Vitamin B2: 0.31mg (18.35%), Zinc: 2.69mg (17.92%), Calcium: 164.32mg (16.43%), Folate: 60.88µg (15.22%), Vitamin
K: 14.64µg (13.95%), Vitamin B5: 1.37mg (13.67%), Vitamin E: 1.99mg (13.27%), Vitamin B12: 0.69µg (11.51%), Fiber:
2.57g (10.27%), Vitamin D: 0.18µg (1.2%)