

## Turkey Lasagna

READY IN



45 min.

SERVINGS



4

CALORIES



760 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup broccoli cooked chopped
- 2 tablespoons butter
- 2 stalks celery chopped
- 0.3 cup flour all-purpose
- 0.5 teaspoon garlic minced
- 4 servings ground pepper black to taste
- 16 ounce lasagna noodles instant
- 1.5 cups milk
- 1 onion chopped

- 4 servings salt to taste
- 1 cup mozzarella cheese shredded
- 2 cups turkey cooked chopped
- 1 tablespoon vegetable oil

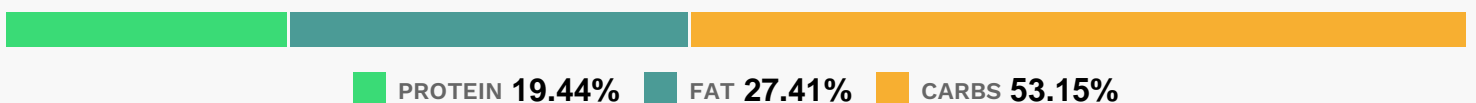
## Equipment

- frying pan
- sauce pan
- oven
- whisk
- casserole dish

## Directions

- In a medium skillet saute the chopped onions, celery and garlic in oil until soft and tender.
- Add chopped turkey and broccoli. Set aside.
- To make white sauce: In a small saucepan over low heat melt butter or margarine.
- Remove from heat and add flour, salt, and pepper; and blend well. Return to low heat, whisk in milk and cook until thick.
- To assemble, in the bottom of a casserole dish place a thin layer of white sauce, then a layer of noodles. Next, place a layer of the turkey mixture, followed by sauce, and then 1/2 cup of the shredded mozzarella cheese. Repeat layering process with turkey mixture and sauce. Top with the remaining 1/2 cup of mozzarella cheese.
- Bake in a preheated 350 degree (175 degree C) oven for 45-60 minutes until bubbly and heated through.
- Let stand 10 to 15 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:96.25, Glycemic Load:41.13, Inflammation Score:-8, Nutrition Score:27.649130759032%

## Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg

## Nutrients (% of daily need)

Calories: 760.46kcal (38.02%), Fat: 23g (35.39%), Saturated Fat: 10.6g (66.25%), Carbohydrates: 100.34g (33.45%), Net Carbohydrates: 95.11g (34.58%), Sugar: 9.58g (10.65%), Cholesterol: 83.93mg (27.98%), Sodium: 536.2mg (23.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.71g (73.43%), Selenium: 92.3µg (131.85%), Manganese: 1.23mg (61.65%), Phosphorus: 534.95mg (53.5%), Vitamin K: 36.38µg (34.65%), Vitamin B3: 6.55mg (32.75%), Calcium: 311.98mg (31.2%), Vitamin B6: 0.62mg (30.99%), Vitamin B12: 1.75µg (29.18%), Vitamin C: 22.4mg (27.15%), Vitamin B2: 0.45mg (26.57%), Zinc: 3.91mg (26.04%), Magnesium: 100.8mg (25.2%), Fiber: 5.23g (20.93%), Copper: 0.41mg (20.62%), Potassium: 697.32mg (19.92%), Vitamin B1: 0.28mg (18.7%), Folate: 66.67µg (16.67%), Vitamin A: 768.26IU (15.37%), Vitamin B5: 1.53mg (15.27%), Iron: 2.67mg (14.81%), Vitamin D: 1.27µg (8.45%), Vitamin E: 0.95mg (6.31%)