



Turkey Mac Casserole

READY IN



65 min.

SERVINGS



5

CALORIES



363 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup elbow macaroni uncooked
- 1 lb pd of ground turkey
- 0.8 teaspoon highest available proof grain spirit
- 3 cups zucchini chopped
- 2 tablespoons basil dried fresh chopped
- 10 oz alfredo sauce light refrigerated
- 0.3 cup breadcrumbs italian
- 2 tablespoons pecorino cheese grated
- 1 teaspoon butter melted

Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350°F. Spray 2 1/2-quart casserole with nonstick cooking spray. Cook macaroni to desired doneness as directed on package.
- Drain.
- In large nonstick skillet, cook and stir turkey and garlic-pepper blend over medium-high heat for 6 to 8 minutes or until turkey is no longer pink.
- Add cooked macaroni, zucchini, basil and Alfredo sauce; mix well. Spoon mixture into sprayed casserole. In small bowl, combine all topping ingredients; mix well.
- Sprinkle over casserole.
- Bake at 350°F. for 30 to 40 minutes or until thoroughly heated.

Nutrition Facts

PROTEIN 32.81% **FAT 33.51%** **CARBS 33.68%**

Properties

Glycemic Index:19.6, Glycemic Load:0.54, Inflammation Score:-5, Nutrition Score:18.564347899478%

Flavonoids

Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 362.82kcal (18.14%), Fat: 13.43g (20.66%), Saturated Fat: 5.84g (36.51%), Carbohydrates: 30.38g (10.13%), Net Carbohydrates: 27.85g (10.13%), Sugar: 3.91g (4.34%), Cholesterol: 89.17mg (29.72%), Sodium: 509.2mg (22.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.59g (59.18%), Selenium: 39.61µg (56.59%), Vitamin B3: 10.11mg (50.53%), Vitamin B6: 0.97mg (48.56%), Phosphorus: 319.05mg (31.9%), Manganese: 0.61mg (30.53%), Vitamin K: 31.07µg (29.59%), Magnesium: 70.4mg (17.6%), Iron: 3.07mg (17.03%), Zinc: 2.52mg (16.78%), Potassium: 582.2mg (16.63%), Vitamin C: 13.33mg (16.16%), Vitamin B2: 0.23mg (13.69%), Vitamin B1: 0.17mg (11.34%), Vitamin B5: 1.13mg (11.31%), Copper: 0.22mg (11.24%), Folate: 41.74µg (10.44%), Fiber: 2.53g (10.13%), Calcium: 87.96mg

(8.8%), Vitamin B12: 0.5µg (8.42%), Vitamin A: 227.59IU (4.55%), Vitamin E: 0.4mg (2.67%), Vitamin D: 0.37µg (2.49%)