



Turkey Marsala from Campbell's

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon canola oil
- 10.8 ounce campbell's® condensed golden mushroom soup healthy request® canned
- 16 ounce fettuccine barilla cooked drained
- 1 tablespoon parsley fresh chopped
- 3 cloves garlic minced
- 0.1 teaspoon ground pepper black
- 0.5 teaspoon kosher salt
- 1 medium onion diced

- 1 pound turkey breast cutlets
- 0.5 cup water

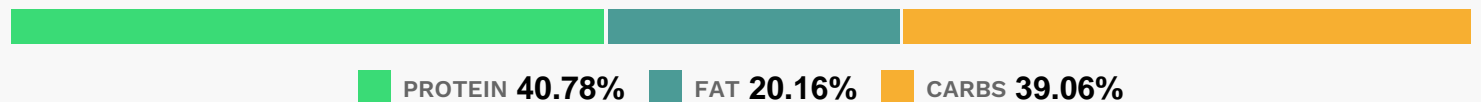
Equipment

- frying pan

Directions

- Season the turkey with the salt and black pepper.
- Heat the oil in a 12-inch skillet over medium-high heat.
- Add the turkey and cook for 2 minutes or until browned on both sides.
- Remove the turkey from the skillet.
- Reduce the heat to medium.
- Add the onion and cook for 2 minutes or until tender, stirring occasionally.
- Add the garlic and cook and stir for 30 seconds.
- Increase the heat to medium-high.
- Add the wine and heat to a boil, stirring to scrape up the browned bits from the bottom of the skillet. Cook for 1 minute or until the wine is reduced by half.
- Stir in the soup and water and heat to a boil. Return the turkey to the skillet. Reduce the heat to low. Cook for 2 minutes or until the turkey is cooked through.
- Serve the turkey and sauce over the fettuccine.
- Sprinkle with the parsley.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:14.38, Inflammation Score:-3, Nutrition Score:9.2134782542353%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg,

Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 370.11kcal (18.51%), Fat: 8.23g (12.67%), Saturated Fat: 1.66g (10.39%), Carbohydrates: 35.91g (11.97%), Net Carbohydrates: 33.83g (12.3%), Sugar: 1.65g (1.83%), Cholesterol: 107.57mg (35.86%), Sodium: 892.23mg (38.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.48g (74.97%), Selenium: 27.56µg (39.38%), Manganese: 0.67mg (33.46%), Vitamin K: 19.15µg (18.23%), Copper: 0.29mg (14.41%), Phosphorus: 120.37mg (12.04%), Zinc: 1.66mg (11.09%), Iron: 1.56mg (8.68%), Magnesium: 33.37mg (8.34%), Fiber: 2.08g (8.31%), Vitamin B6: 0.14mg (7.23%), Vitamin B3: 1.2mg (6%), Potassium: 194.69mg (5.56%), Vitamin E: 0.82mg (5.47%), Folate: 20.09µg (5.02%), Vitamin B5: 0.5mg (4.95%), Vitamin C: 4.07mg (4.93%), Vitamin B2: 0.08mg (4.67%), Vitamin B1: 0.07mg (4.49%), Vitamin B12: 0.22µg (3.73%), Calcium: 29.78mg (2.98%), Vitamin A: 109.15IU (2.18%)