



Turkey Marsala from Campbell's

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



402 kcal

BEVERAGE

DRINK

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
- ☐ 0.3 cup marsala wine

- ☐ 1 medium onion diced
- ☐ 1 pound turkey breast cutlets
- ☐ 0.5 cup water

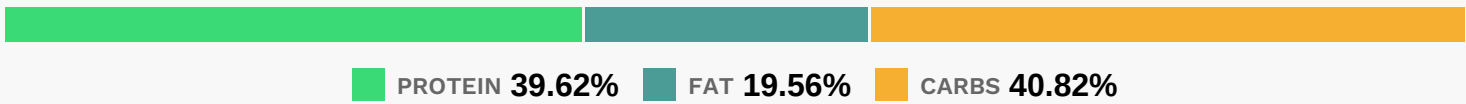
Equipment

- ☐ 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:-4, Nutrition Score:9.3956522423288%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg 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: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 402.11kcal (20.11%), Fat: 8.23g (12.67%), Saturated Fat: 1.66g (10.39%), Carbohydrates: 38.65g (12.88%), Net Carbohydrates: 36.57g (13.3%), Sugar: 3.21g (3.56%), Cholesterol: 107.57mg (35.86%), Sodium: 894.03mg (38.87%), Alcohol: 3.06g (100%), Alcohol %: 1% (100%), Protein: 37.52g (75.05%), Selenium: 27.66µg (39.52%), Manganese: 0.69mg (34.65%), Vitamin K: 19.15µg (18.23%), Copper: 0.3mg (14.86%), Phosphorus: 122.17mg (12.22%), Zinc: 1.68mg (11.18%), Iron: 1.61mg (8.94%), Magnesium: 35.17mg (8.79%), Fiber: 2.08g (8.31%), Vitamin B6: 0.14mg (7.23%), Vitamin B3: 1.24mg (6.22%), Potassium: 213.09mg (6.09%), Vitamin E: 0.82mg (5.47%), Vitamin B5: 0.5mg (5.02%), Folate: 20.09µg (5.02%), Vitamin C: 4.07mg (4.93%), Vitamin B2: 0.08mg (4.88%), Vitamin B1: 0.07mg (4.73%), Vitamin B12: 0.22µg (3.73%), Calcium: 31.38mg (3.14%), Vitamin A: 109.15IU (2.18%)